



CHILDREN'S SERVICES

Sun Protection Policy

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1. Introduction

Sun exposure can pose significant health risks for children, including sunburn, dehydration, eye damage and skin cancer. Unprotected sun exposure in the first 15 years of life can greatly increase a child's risk of developing skin cancer later in life. The need to provide adequate shade must also be balanced with the benefits of exposure to sunlight, which assists the body to produce vitamin D which is important for healthy bone development and maintenance. The Cancer Council's SunSmart Early Childhood Programs states that Sun Protection is required whenever the UV Index is 3 or above.

2. Scope

This Policy applies to all Children's Services operated by Coast Services Group Limited (a wholly owned subsidiary of Coast Community Connections LTD) and our employee's. This applies to Early Childhood Programs, Occasional Care, Out Of School Hours Care and Vacation Care programs and Services.

3. Policy

This policy aims to ensure that everyone attending Children's Services are protected all year from harmful UV radiation from the sun. The policy aims to promote SunSmart behaviour and to reduce exposure to UV radiation through a comprehensive approach. This policy applies to all children, staff, Educators, families and visitors who attend Peninsula Children's Services.

4. Procedures and Implementation

Children's Services will:

- 4.1 Educators will ensure sun protection guidelines are implemented when the UV level reaches 3 or above.
- 4.2 UV levels and daily sun protection times are used to plan daily activities.
- 4.3 The availability of shade is considered for all outdoor activities and excursions
- 4.4 Activities and play spaces are set up and moved throughout the day to take advantage of shade patterns.
- 4.5 All children are required to wear a SunSmart hat that protects the face, neck, ears
Suitable hats include:
 - A broad-brimmed hat with a brim size of at least 6cm
 - A legionnaire style hat
 - A bucket style hat with a brim size of at least 5 cm and a deep crown.
 - Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

- 4.6 Children without a SunSmart will be encouraged to play in the shade or will be provided with a spare hat. Spare hats will be washed after each use.
- 4.7 Babies under 12 months will be kept in dense shade areas.
- 4.8 Babies clothing, hat and shade positioning are checked regularly to ensure they continue to be well protected from the UV. The use of sunscreen on babies under 6 months is not recommended due to their sensitive skin.
- 4.9 When outdoors, all children, staff & Educators will be encouraged to wear SunSmart clothing that protects as much of the skin as possible, especially the shoulders, back and stomach. Suggested clothing requirements include:
- Loose-fitting shirts or dresses, with collars and sleeves, which cover the shoulders and chest.
 - Trousers and longer-style skirts and shorts
 - Midriff and singlet tops do not provide enough sun protection and therefore are not recommended.
- 4.10 Children without SunSmart clothing are encouraged to play in an area protected from the sun or will be provided with spare clothing.
- 4.11 Where possible all children, Educators and staff will apply SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outside.
- 4.12 Parents/guardians will be required to sign an agreement on the enrolment form, giving the service permission to apply sunscreen. Where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternate sunscreen, or the children will be encouraged to play in the shade.
- 4.13 Families are encouraged to apply sunscreen to their children prior to them being left at Occasional Care, OSHC & Vacation Care.
- 4.14 Educators will take into regard individual sun protection requirements based on medical conditions. Those children unable to use sunscreen will be required to wear a SunSmart hat and clothing and will be encouraged to stay in the shaded areas where possible.
- 4.15 Educator will act as role models and demonstrate SunSmart behaviours by
- Wearing a SunSmart hat and protective clothing
 - Applying SPF 30+ Sunscreen
 - Promoting the use of shade
 - Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service.
- 4.16 Children are provided with opportunities to take leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.
- 4.17 Families are informed of the sun protection policy including appropriate hat, clothing and sunscreen requirements upon enrolling into the service.
- 4.18 Sun protection will be considered when planning excursions. All excursion venues will take into consideration the availability of shade for children and staff.
- 4.19 Sun protection awareness activities will be embedded in the educational program.
- 4.20 Sun protection information will be promoted to Educators and families.

Other related policies and procedures

WHS Policy

Forms and Records

Enrolment forms