Sun Protection Policy

Rationale

A healthy balance of the sun’s ultraviolet (UV) radiation exposure is important for health.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world therefore protection, especially during early childhood is most important.

Sun Protection is needed whenever UV levels reach three and above. In Victoria average UV levels are three and above from September to the end of April. During these months particular care will be taken between 10am – 3pm when UV levels reach their peak.

Too little UV from the sun can lead to low Vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August (end) in Victoria, average UV levels are below three so sun protection isn’t usually needed during these months (excluding alpine regions).

Aims

The goals of the Sun Protection Policy are to:

- Ensure that all children and staff maintain a healthy UV exposure balance
- Encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- Work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- Assist children to be responsible for their own sun protection
- Ensure that families and new staff are informed of the centre’s Sun Protection Policy

From September to April

Outdoor Activities

The Peter Toms Early Learning Centre will use a combination of sun protection during the months of high UV levels. This will include:

- Children and staff use a combination of sun protection measures whenever the UV index levels reach 3 and above. Particular care is taken between 10am and 3pm when the UV index levels reach their peak during the day.
1. Shade
   - Management makes sure there is sufficient number of shaded areas in outdoor gardens including tree shade and shade sails.
   - Children are encouraged to use available areas of shade when outside.
   - Children who do not have their school sun smart hat will be given a spare hat & staff will wash these at end of day.

2. Clothing
   When outside, children are required to wear their school uniform which consists of loose fitting clothing that covers as much skin as possible. Summer shirts have an elbow length sleeve and collar, and knee length or longer shorts.

3. Hats
   - All children are required to wear school sun smart hats in Term 1 & 4 that protect their face, neck and ears, i.e. broad brimmed or bucket hats. Baseball caps do not offer enough protection and are therefore not recommended.

   WE HAVE A “NO HAT NO PLAY” policy during this time.

4. Sunscreen
   - SPF 30+ broad spectrum, water resistant sunscreen is available for staff and children’s use. Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.

Role Modelling

Staff will act as role models and demonstrate sun safe behaviour by:

   - Wearing a sun safe hat (see Hats).
   - Wearing sun safe clothing
   - Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.
   - Using and promoting use of shade.
   - Wearing sunglasses that meet the Australian Standard1067 (optional).
   - Families and visitors are encouraged to role model positive sun safe behaviour.

From May to August (end)

When average UV index levels are below 3.

   - To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless the UV index level reaches 3 and above.
Planned experiences

- Programs on sun protection and healthy UV exposure levels are incorporated into planned experiences.
- The Sun protection policy is reinforced through staff and children’s activities and displays.
- Staff and families are provided with information on sun protection and vitamin D via family fact sheets.

Who is affected by this policy?
- Children, families and staff
- Legislative Requirements
- Staff
- Federal
  Workplace Health and Safety Act 1995

Review
- The review will be conducted by:
  * The Peter Toms ELC
  * Families

Relevant policy created: 1st December 2008 (formerly known as Sun Smart Policy)

Workplace Health and Safety Regulations 1995
National Childcare Accreditation Council
Victoria
Occupational Health and Safety Act 2004
The Child Wellbeing and Safety Act 2005
Source