

# Sun Protection and Weather Policy

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## Aim

In accordance with the environmental changes to the sun, our aim is to the best of our abilities protect children and Educators from over-exposure to sun and weather. We also aim to educate families on this subject.

## Implementation

Our centre wishes to work with both parents and children in protecting and educating about the sun's ultraviolet radiation (UV) exposure and the associated health risks. In order to do so we will:

- Provide an education approach for children and Educators about the 5 sun protection practices recommended by Cancer Council.
- Develop positive attitudes towards skin-care and awareness of lifestyle practices which can reduce over-exposure to the sun.
- Create an understanding of personal responsibility for making decisions about protecting their skin and the balance between sun protection and vitamin D.
- Require children to wear sun smart hats such as wide brimmed hats (min 6cm brim), bucket hats with a deep crown and caps with neck protection flap.
- Provide a minimum of SPF 30+ broad-spectrum water-resistant sunscreen to be put on by parents in the morning and again by children and Educators half an hour before going outside. Sunscreen will be reapplied after 2 hours of sun exposure. Posters will be available on how to correctly put on sunscreen.
- Ensure that outdoor play will have shady areas. The service will continue to monitor and develop shade if necessary.
- Encourage a "No Hat- Play in the Shade" policy will be implemented.
- Ensure Educators model appropriate sun safe practices, and under WH&S laws are required to adopt a combination of the 5 sun protection practices when UV levels reach 3 and above.
- Ask that visitors and Parents act as sun smart role models when visiting the centre.
- Ensure that outdoor activities are minimised when possible between 11am and 3pm during the summer/daylight savings period. (This time of year, the UV levels will peak during this middle part of the day to levels that are considered High to Extreme, increasing the risk of skin and eye damage.)
- Adhere to Cancer Council's recommendations of a combination of sun protection behaviour when UV levels reach 3 and above, strong enough to damage unprotected skin and eyes.
- Take extra care of children with very fair skin.
- Ensure that this policy operates all year. However, a combination of sun protection behaviours will only be enforced between August and May – when UV levels reach 3 and above. This will be for part or most of each day during this period.
- Educators will be encouraged to access the daily sun smart UV alert.
- Information will be available to parents and worked into the children's education program to instil positive attitudes.

## Legislative Requirements

- Occupational Health & Safety Act 1989
- Education and Care services National Law Act 2011
- Australian Children's Education & Care Quality Authority

## Who is affected by this policy?

- Children and Families
- Educators and Management

## Sources and further reading:

- The Cancer Council NSW [www.cancer council.com.au](http://www.cancer council.com.au)
- National Quality Framework Guide 2011
- The Cancer Council NSW. (2008). Sun Smart childcare: A guide for service providers. Retrieved 29 June, 2010, from [http://www.cancer council.com.au/html/prevention/sunsmart/downloads\\_schools/ech\\_sunsmartguide\\_serviceproviders.pdf](http://www.cancer council.com.au/html/prevention/sunsmart/downloads_schools/ech_sunsmartguide_serviceproviders.pdf)

*Review: This policy will be reviewed annually. The review will be conducted by:*

- Management and Employees
- Interested Parties (Including Families, NSW Early Childhood Education and Care Directorate Department of Education and communities, ACECQA etc.

*Last Reviewed: January 2020*