

# Torrens Valley Children's Centre

## Sun Protection Policy

This policy applies to all centre events on and off site.

### Broad Policy Statement:

Our Sun Protection Policy has been developed to ensure that all children, employees, volunteers, family members and other visitors attending Torrens Valley Children's Centre are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun. This policy will be implemented throughout the year with the sun protection measures coming into effect in **TERM'S 1, 3 & 4**. UV levels will also be monitored during the month of May and sun protection recommended on those days when UV is 3 and above.

### Objectives:

The Sun Protection Policy has been developed to:

- ☛ Encourage children, staff and others to use a combination of sun protection measures whenever the UV index levels reach 3 and above.
- ☛ Ensure all children and staff have some UV exposure for vitamin D.
- ☛ Assist children to become responsible for their own sun protection
- ☛ Ensure that families and new staff are informed of the centre's Sun Protection Policy

Staff are encouraged to access the SunSmart UV Alert at [www.cancersa.org.au/earlychildhood](http://www.cancersa.org.au/earlychildhood) to find out the daily local sun protection times. These will be recorded in a daily log and used to assist with the implementation of this policy. A link to the alert information is available on our centre Facebook page.

We use a combination of **sun protection measures** for all outdoor learning and activities/events during **Terms 1, 3 & 4** and **whenever the UV levels reach 3 and above**.

### Babies

- Children under 12 months of age will not be exposed to direct sunlight when the UV Index is 3 or above

### Shade

- Children will be actively encouraged to use shade when outdoors
- The availability of shade is considered when planning outdoor experiences and excursions
- The centre will provide and maintain adequate shade for outdoor play

### Hats

- All children and adults will wear a wide brim, bucket or legionnaires style hat that protects the face, neck, ears and crown of the head whenever they are outside or on an excursion. Baseball or peak caps are not considered a suitable alternative.
- Children who do not have appropriate hats will be provided with a centre spare (where available) or asked to remain inside.

### Clothing

- When outside, all children are required to wear clothing that covers as much of the skin as possible. Loose fitting clothing and darker colours will be more comfortable and effective.
- If a child is wearing a singlet top/dress they will be required to wear a t-shirt/shirt over the top before going outdoors.

## Sunscreen

- SPF 30 or higher broad spectrum, water resistant sunscreen is available for staff and children's use. Parents are welcome to bring in an alternative, named, product that will be kept at the centre for the duration of their child's attendance. They will be responsible for replacing it as required;
- **Parents/caregivers are responsible for applying sunscreen to children before they arrive at the centre**
- Staff will ensure that sunscreen is applied to children at least 20 minutes prior to going outside and reapplied every 2 hours if outdoors.
- Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff
- Sunscreen will be stored in a cool place, out of the sun
- Staff will monitor the expiry date of sunscreen and discard when and out of date

### When enrolling their child at the centre, families are:

- Informed of the centre's Sun Protection Policy
- Asked to provide a suitable hat for their child
- Asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (ie; covers shoulder & chest, upper arms & legs)
- Required to give written permission for staff to apply sunscreen to their child
- Encouraged to practice sun protection behaviours themselves when at the centre and required to if participating in outdoor experiences with children (ie; gardening) or accompanying children on excursions/walks etc.

### Planned experiences:

- The Sun Protection Policy is reinforced through the learning programs/curriculum
- Staff and families are provided with information on sun protection and vitamin D through newsletters, noticeboards and the centre's website.

### Review:

- Staff and Governing Council monitor and review the effectiveness of the Sun Protection Policy and revise this policy when required (at least every three years).
- Due for review : April 2019

### Supporting Resources:

- **SunSmart UV Alert:** available as a free SunSmart app, online ([www.cancersa.org/sunsmart-apps](http://www.cancersa.org/sunsmart-apps)), in the weather section of newspapers, or as a free widget. The sun protection times show when the UV is forecast to be 3 or above.
- **A range of resources for early childhood services** is available on [www.cancersa.org.au/early-childhood](http://www.cancersa.org.au/early-childhood)