



## TORRENS VALLEY CHILDREN'S CENTRE INC.

(ABN No. 72 250 859 178)

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### 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 to be in place as follows:

**Term 1:** ALL children and adults will need to wear sunsmart hats (broad brimmed or legionnaires style) when they are outside. Parents are asked to put sunscreen on their child/ren prior to arriving at the centre. Staff will reapply during the day. Parents are asked to send a sunsmart hat each day.

**Term 2:** No sunsmart hats or sunscreen required UNLESS the UV Index is predicted to be 3 or above. Staff will monitor the UV index at the beginning of each day using the Cancer Council Sunsmart App. For the duration of the period when the UV Index is predicted to reach 3 or above, children will wear a sunsmart hat and have sunscreen applied if playing outside. Parents are asked to keep a sunsmart hat in their child's bag each day.

**Term 3:** No sunsmart hats or sunscreen required outside UNLESS the UV Index is predicted to be 3 or above. Staff will monitor the UV index at the beginning of each day. For the duration of the period when the UV Index is predicted to reach 3 or above children will wear a sunsmart hat and have sunscreen applied if playing outside. Parents are asked to keep a sunsmart hat in their child's bag each day.

**Term 4:** As for term 1 – ALL children and adults at the centre will need to wear a sunsmart hat and sunscreen when they are outside. Parents are asked to put sunscreen on their child/ren prior to arriving at the centre. Staff will reapply sunscreen during the day. Parents are asked to send a sunsmart hat each day.

#### 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 will access the SunSmart UV Alert on the Cancer Council website to find out the daily local sun protection times ratings/times.. These may 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 & 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, including tops with collars and longer style sleeves, and longer style shorts, dresses and skirts. 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 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 are 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 : February 2020

## Supporting Resources:

- **SunSmart UV Alert:** available as a free Cancer Council SunSmart app, online ,
- **A range of resources for early childhood services** is available on [www.cancersa.org.au/cut-my-risk/sunsmart/resources](http://www.cancersa.org.au/cut-my-risk/sunsmart/resources)

