SUN PROTECTION POLICY

AUTHORISATION

Originally adopted: July 1997
Most recent review date: February 2015

REVIEW DATE

Review every two years
Next review: February 2017

SCOPE

The policy will apply to all staff, children, parents/guardians on duty and attending siblings, visiting children, volunteers and participants in the Preschool program. The policy will apply at all times the Preschool is open and during any Preschool organised events.

This policy applies from the beginning of September until the end of April when ultra-violet radiation (UV) is most intense in Victoria.

RATIONALE

Estrella Preschool is a member of The Cancer Council Victoria’s SunSmart Early Childhood Program. We have developed a comprehensive Protection policy that meets the guidelines of The Cancer Council Victoria. The policy aims to improve the health of children and staff attending the centre by reducing their risk of skin damage and skin through exposure to damaging levels of UV from the sun.

Too much exposure to UV from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. Australia has one of the highest rates of skin cancer in the world.
OBJECTIVES

This Sun Protection policy has been developed to:

- Ensure all children and staff get some UV for vitamin D.
- Encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage and skin cancer risk.
- 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 service’s Sun Protection policy.

SUN PROTECTION POLICIES AND PROCEDURES

All children and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care is taken between 10am and 2pm (11am and 3pm daylight saving time) when UV levels reach their peak.

Shade
Children are encouraged to use available shade areas when outside. Children who do not have or will not wear appropriate hats or outdoor clothing are asked to play in the shade.

The availability of shade is considered when planning outdoor activities or excursions.

The Committee of Management makes sure there is sufficient number of shelters and trees providing shade in the Preschool grounds.

Clothing
When outside it is best that children wear loose fitting clothing that cover as much skin as possible. Tops with elbow length sleeves and collars, knee length or longer short and skirts are best. Singlet tops do not offer enough protection and are therefore not recommended.

Hats
Children are required to wear hats that protect their face, neck and ears i.e. legionnaire, broad brimmed or bucket hats. Baseball caps do not offer enough protection and are therefore not recommended.

Sunglasses
Children and staff are encouraged to wear close fitting, wrap around sunglasses that meet the Australian Standard 1067 (Sunglasses Category 2,3 or 4) and cover as much of the eye area as possible. These should be clearly labelled with the child’s name.
Sunscreen
SPF 30+, broad spectrum, water resistant sunscreen should be applied to the child before arriving at the Preschool. In the event that parents omit to apply sunscreen prior to arriving at Preschool SPF30 + sunscreen is available for this purpose. Children may bring their own sunscreen to the Preschool (clearly labelled). In general staff will plan outdoor activities such that they conclude within two hours of the children having arrived at kinder.- during September – April. If outdoor activities are planned after the first two hours at kinder, staff will assist the children in reapplying sunscreen (provided by the kinder unless otherwise arranged) prior to going outside.

EDUCATION

Role Modelling
Staff act as role models by:

- Wearing sun protective hats, clothing and sunglasses (if possible) outside
- Applying SPF50 + broad spectrum water resistant sunscreen
- Seeking shade whenever possible

Sharing information about sun protection

- The children learn about skin and ways to protect their skin from the sun
- The children learn, with active supervision from the staff, how to apply sunscreen
- The sun protection policy is reinforced through staff and children’s activities, and the Preschool displays
- Staff and families are provided with information on sun protection through family newsletters, noticeboards and meetings.

When enrolling their child, families are

- Informed of the Preschool’s Sun Protection policy
- Asked to provide a suitable hat for their child
- Asked to apply SPF+ broad spectrum water resistant sunscreen to their child prior to attending the Preschool
- Encouraged to practise Sun smart behaviour themselves when at Preschool, eg: when participating in parent duty
- Asked to sign a consent form to allow staff to apply sunscreen to their child.

KEY RESPONSIBILITY AND AUTHORITIES.

It is the responsibility of the Committee of Management to ensure that all staff and parent/guardians are aware of this policy and that it is implemented within the centre.

- The policy may be viewed in the centre policy file which is kept at the centre.
- The Committee of Management is responsible for ensuring that SPF 30+ water
resistant sunscreen is available at the centre at all times.

- The Committee of Management is responsible for contacting the Cancer Council Victoria at 1 Rathdowne Street Carlton South. Tel: 03 9635 5000 every two years. This should be prior to the policy review date, to ensure the most up-to-date information is included within the policy.

- Any alterations to the policy must be formally approved by the Committee of Management.

CIRCULATION

- Notice depicting Estrella Preschool as a Sun Smart kindergarten to be displayed.

- Extract of policy included in Parent’s Policy and Procedure statement.

- Children and parents/carers to be made aware and reminded of Sun Smart procedures throughout the Preschool year.

Policy considered and accepted by the Management Committee

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Date: __________________________

Policy considered and accepted by Staff

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Date: __________________________