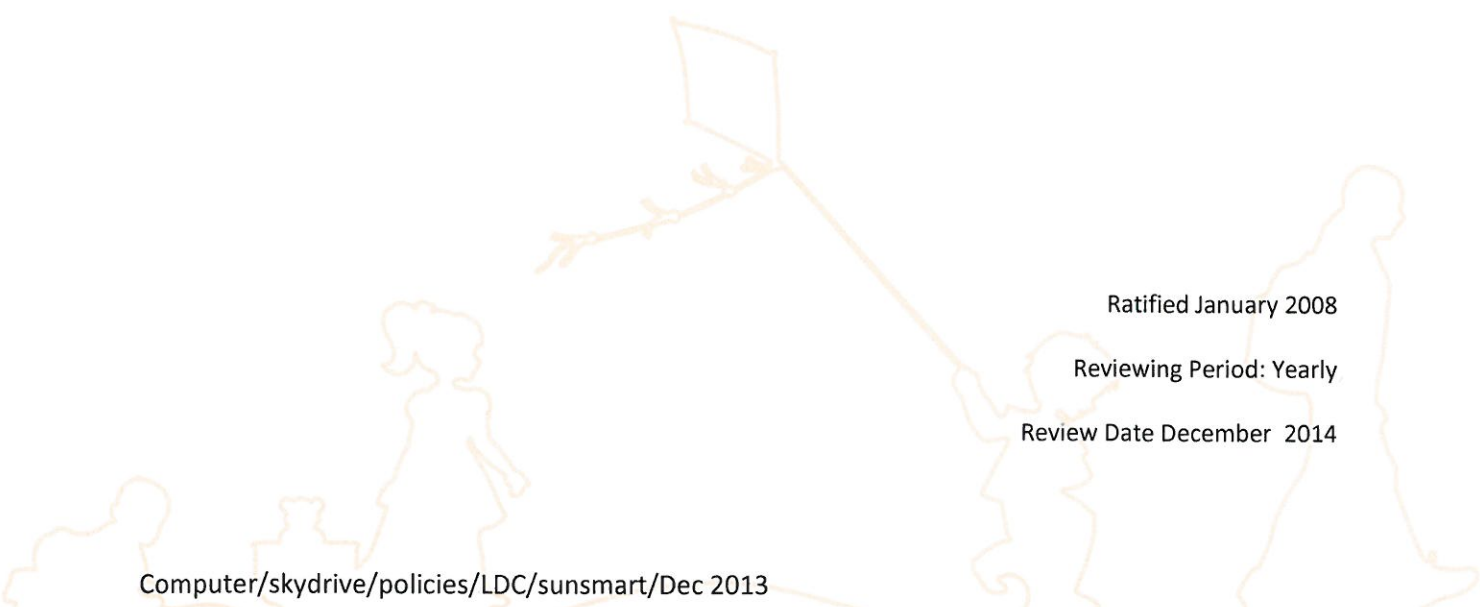


Sun Smart Policy.



Ratified January 2008

Reviewing Period: Yearly

Review Date December 2014



Sun Smart Policy.

SLIP on a shirt

Slop on Sunscreen

Slap on a hat!

Mareeba Kids Campus in association with parents and Educators would like to bring your attention to our Sunsafe Policy. This policy is implemented by all childcare centres, preschools, kindergartens and schools throughout Australia in the interests of children's safety.

RATIONAL

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80% are skin cancers. Given that children are there during peak ultraviolet radiation (UVR) times throughout the day, early childhood settings play a major role in both minimising children's UVR exposure and providing an environment where policies and procedures can positively influence long term behaviour.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that sunburn contributes to skin cancer and other forms of skin damage such as sun spots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at childcare settings. As children will spend a portion of their day outside we are committed to protecting them from harmful effects of the sun.



With this in mind Mareeba Kids Campus realises the need to protect children's skin and educate them about SunSmart behaviour, thus reducing the risk of sun damage from exposure to the sun.

AIMS

The policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection.
- Provide environments that support Sun Smart practices.
- Create awareness of the need to reschedule work commitments and outside activities to support Sun Smart practices.

PROCEDURES.

Our organisation recognises that winter sun also contributes to skin damage. This policy will therefore be implemented throughout the year.

The purpose of this SunSmart policy is to ensure that all children attending our establishment are protected from the harmful effects of the sun throughout the year.

OUR COMMITMENT

Mareeba Kids Campus Will:

- Where Possible, plan daily outside activities outside of peak UV times
- (Quality Area 2: Children health and safety)
- Outside activities must be carefully planned to take place at times during the day when UV levels are low. Outside activities should be avoided around the midday hours when UV levels are highest. Multiple sun protection methods are required whenever the UV index level is overcast to reach 3 or above. In Queensland, the UV index level is 3 or a above all year round.
- Inform parents/guardians of the SunSmart policy when they enrol their child
- Ensure that, wherever practicable, outside activities take place before 10:00 am and after 3pm
- Provide a SunSmart education program for children, and provide parents with with up-to-date SunSmart information.



- Provide a broad brimmed hat for your child to wear whilst in care
- **Sunscreen** 9 Quality area 2: Childrens Health and safety
- Educators and children are required to apply sunscreen 20 minutes prior to going outside. The sunscreen will be SP30 or higher, broad-spectrum, water –resistant and reapplied every two hours. When necessary, parents are asked to apply sunscreen to their children in the morning before they arrive. Sunscreen is stored in a cool ,dry place and the expiry date monitored.
- Babies- Babies under 12 months should not be exposed to direct sunlight and are to remain in full shade when outside. They must wear sun-protective hats and clothing. Small amount of SPF 30 or higher sunscreen maybe applied to their exposed skin if direct exposure is unavailable. Provide 30+ Sunscreen for Children’s use(Toddler sunscreen for 6 months provided) Parents are welcome to supply own sunscreen for their child.

Encourage all Educators to act as positive role models for children in all aspects of sunsmart behaviour by: (Quality Area 4: Relationships with children)

- Wearing broad-brimmed or legionnaire styled hats and appropriate clothing for all outside activities.
- Using SPF 30+ broad spectrum, water resistant sunscreen
- Seeking shade whenever possible.
- Wearing sunglasses that meet the Australian Standard
- Ensure that children not wearing hats or sunscreen play in shaded areas
- Review the sunsmart policy annually

Education and Information(Quality Area 1: Educational program and practice, Quality Area 5: Relationships with children, Quality area 6: Collaborative partnerships with families and communities.)

Our centre will incorporate sun protection information into learning programs and via communication to educators, parents and visitors via newsletters, noticeboards and enrolment material.



Educators will:

- Practise Sunsmart behaviour ,as described above
- Enforce a “no, hat, no play” rule
- Supervise children’s application of sunscreen (SPF 30 +) 20 mins prior to outdoor activity
- Direct children to play in shaded areas where possible. The need for adequate shade to be balanced with the benefits of exposure of sunlight, which assists the body to produce vitamin D which is important for healthy bone development and maintenance.

OUR EXPECTATIONS

Parents/carers will:

- Provide a well-fitting hat or use centres supplied hat for use in all outside activities. The Queensland Cancer Fund recommends the following hats:- 8-10 cm broad brimmed or a legionnaire-style hat
- Apply 30+ Sunscreen to their child/ren before bringing them to the service
- Ensure that their child’s clothing provides adequate protection from UVR. The Queensland Cancer fund recommends clothing with the following features:- dark colours
 - Collars and sleeves
 - Closely woven fabric
 - Natural fibre
- Act as positive role models by practising SunSmart Behaviour
- Supply Child/ren with 30+ sunscreen if the Centre provided sunscreen does not meet their child’s requirements.

REFERENCE

Education and Care Service Regualtions –114, 167, 168

National Quality Standards – Area 2.3

Queensland Cancer Fund. Early Childhood Setting:Sunsmart Policy Guidelines



Procedure for applying Sunscreen

Added January 2009/revised December 2013.

Sunscreen is to be added at least 20 minutes before children go outside.

1. Place a small quantity on children's (older children only) arms and legs and encourage the child to spread out cream and rub it in.
2. Staff to apply a small amount to a tissue and apply to children's faces.
3. Children to wash hands after applying sunscreen.
4. Staff to apply sunscreen to themselves
5. Staff to wash hands.