



# Sun Protection

## SAMPLE POLICY\*

### Introduction

Children under 3 years of age are more vulnerable to sunburn and skin damage. Over exposure to Ultra Violet Radiation (UVR) may:

- cause potentially cancerous cells to be produced instead of healthy ones;
- break down the body's immune system so that cancerous cells are not recognised or destroyed;
- damage the connective tissue in the skin.

(Excerpt NSW Cancer Council, 2001 2, & 40)

### Goals – What are we going to do?

The centre community will follow best practice guidelines (as follows) to protect children, family members and staff from the damaging effects of sun exposure.



### Strategies - How will it be done?

- When outdoors all children, staff and visitors who spend time at the centre will wear hats that protect the face, neck, ears and crown of the head. These include a **legionnaire hat** or a hat with a brim of no less than 5cm.
- Children **under 12 months** will not be exposed to direct sunlight and will be fully covered to protect their skin. Exposed areas will be treated with a sunscreen suitable for children under 12 months.
- When outdoors all children, staff and visitors will wear clothing that protects as much of the **shoulders, back and chest** as possible.
- All children, staff and visitors will apply or receive application of **SPF+ 30 Broad Spectrum** water resistant sun screen to skin **20 minutes** prior to going outdoors. There will be a system to ensure sunscreen has been applied.
- **The centre will supply sunscreen.** Where allergies exist a sunscreen of equal status will be supplied by parents or staff. Sun protection will be considered when excursions are being planned.
- Outdoor activities will generally be scheduled **before and after peak UV times**. From **October to March** outdoor activity must be minimised between the hours of **11am and 3 pm** (daylight saving time). Sun protection is required at all times when outside.
- From **April to September** outdoor activity may take place **at any time** during the day. Sun protection is required between the hours of **10am and 2pm** (EST), except in **June and July** when the UV Index is mostly below 3.
- Efforts will be made to provide as much permanent and temporary shade in the outdoor area of the centre. Natural or constructed protection will cover an area no less than 2.5m squared per person (*NSW Cancer Council 2005*). Shade will be subject to ongoing monitoring and review and changes will be made where appropriate.
- Children's activities will be set up and carried out in shaded areas.

### Links to other policies:

- OHS Guidelines



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### Statutory Legislation & Considerations

- *NSW Children's Services Regulation 2004*
- *Quality Practices Guide 2005*
- *ECA Code of Ethics (2006)*

### Sources

- The Cancer Council NSW (2006) **SunSmart Childcare A policy guide for service providers**
- The Cancer Council NSW (2001) **SunSmart Early Childhood Resource Folder**
- NSW Cancer Council, NSW Health (2005) **Shade for Child Care Centres**
- **Vitamin D and Sun Exposure (Download)**

To become a **SunSmart Centre** in NSW contact the *Cancer Council (NSW)* for a **SunSmart Application Pack:**

SunSmart Info Line Ph: **(02) 9334 1761**  
[sunsmarthildcare@nswcc.org.au](mailto:sunsmarthildcare@nswcc.org.au)

For information refer to:  
[www.cancerCouncil.com.au](http://www.cancerCouncil.com.au)

- Sun protection experiences will be incorporated into the program of learning.
- Staff will model *SunSmart* behaviour and use this as an opportunity to discuss skin protection.
- Centres will endeavour to become a *SunSmart* centre through the *NSW Cancer Council*. (See *Resources*)
- Sun protection information will be provided to families.
- Upon enrolment families will be informed of *SunSmart* clothing and *Sun Protection Policy*.

### Role modelling by adults supports and promotes sun safe behaviour in children.

Vitamin D deficiency is an issue of concern that may be relevant to specific groups in the centre.

These groups may include people:

- with dark skin who naturally have more melanin (the pigment that turns skin brown after exposure to sunlight and reduces the amount of UV radiation getting through the skin).
- who cover their skin and heads with clothing and veils for cultural or religious reasons (less skin is exposed to UV radiation)

Although most people will get enough Vitamin D through exposure during their daily activities there may still be a concern about appropriate levels. Staff should refer to the *NSW Cancer Council* for more information.

### Evaluation

The centre demonstrates *SunSmart* behaviours with the wearing of suitable clothing and application of sunscreen. Sun exposure is limited throughout the day in accordance with *Cancer Council* recommendations. The curriculum and program incorporates sun safety awareness experiences.

\* This sample policy is for information purpose only. You are welcome to use this material, with acknowledgement to Community Child Care Co-operative (NSW).



### Links to Accreditation Principles:

Quality Practices Guide (2005) – Principle 6.5.