

THE GOWRIE (QLD) INC

SUN PROTECTION POLICY

CONSIDERATIONS:

QIAS Principle 6.5
Child Care Regulation 2003
Queensland Development Code part 22: Child Centres
Workplace Health and Safety Act 1995

POLICY STATEMENT:

To implement sun protection initiatives to ensure that all staff and children are protected from the harmful effects of the sun throughout the year.

SOURCES:

- Queensland Cancer Fund (2008) *Sun damage and infants. An important message for parents.*
- SunSmart (2006), *Sun Smart UV Alert, Your Daily Guide to Sun Protection.*
- Early Childhood Settings – Sunsmart Policy Guidelines – The Cancer Council 2010
- www.cancerqld.org.au, The Queensland Cancer Council, visited 2006,2007, 2008, 2009,2010

REVIEWED: January 2011

Date to be Reviewed: January 2012

IMPLEMENTATION:

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| BACKGROUND INFORMATION | <ul style="list-style-type: none">- Queensland has the highest rate of skin cancer in the world.- 80% of newly diagnosed cancers in Queensland each year are skin cancers.- Winter sun also contributes to skin damage.- Research indicates that childhood sun exposure is a significant factor to the development of skin cancer in later life. |
| WHAT YOU SHOULD DO | <p>Management will:</p> <ul style="list-style-type: none">• Inform parents and staff of the Sun protection policy when they enrol their child/ren.• Provide shade in outdoor spaces using trees, shade cloth, and other items.• Try to ensure that outdoor activities generally take place before 11.00 am and after 2.30pm. (Please note that whilst the recommendation for sunsafe hours are 10.00 – 3.00pm, children in all services outside in our hours of general activities will all have sun protection methods in place – sunscreen on, sunsmart clothing – covered shoulders, hats and shaded areas.)• Provide a Sun protection program for children and provide parents, staff and carers with up to date Sun protection information through newsletters and parent meetings.• Supply communal sunscreen. Permission will be sought to apply sunscreen. Families can elect to provide their own preferred sunscreen.• Ensure that all staff and carers act as role models for children in all aspects of Sun protection behaviour by:<ul style="list-style-type: none">○ Wearing appropriate hats (broad brimmed or legionnaire styled), sunglasses, shoes and clothing that cover shoulders and upper arms for all outdoor activities.○ Using SPF 30+ or higher, broad spectrum, water resistant sunscreen.○ Seeking shade whenever possible.○ Ensuring that children, who come to the centre without a hat, will be provided with a spare hat for the day. <p>Staff will:</p> <ul style="list-style-type: none">• Practice Sun protection strategies as described above.• Ensure sunscreen with a Sun Protection Factor (SPF) of 30+ is applied to every child before any outdoor session and then reapplied as necessary, preferably where possible sunscreen is applied 20minutes prior to going outside.• Encourage independence and support hygiene practices by:<ul style="list-style-type: none">○ encouraging older children to apply their own sunscreen;○ use individual disposable tissues to apply cream to each individual child. |

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| | <ul style="list-style-type: none">• Ensure children are wearing hats whilst playing outdoors.• Ensure that children are wearing sunsafe clothing in the outside environment, if not they are to be changed or a sunsafe shirt placed over the top of the singlet.• Encourage children to take responsibility for their own sun protection and to minimise their exposure to the sun.• Direct children to use shaded areas where possible.• Educate children on the dangers of sun exposure and strategies to minimise the risks.• Set up outdoor activities in shade areas where possible.• Check often to see that any soft fall area/items (mats etc) are not too hot for children's feet. <p>Parents will be encouraged to:</p> <ul style="list-style-type: none">• Provide a well-fitting, named hat, 8 – 10cm broad-brimmed or legionnaire style (not cap) that shades the face, back of neck and ears.• Provide sunglasses for children where appropriate.• Provide clothing that covers the shoulders and arms, preferably with a collar, and longer style shorts and skirts to provide protection from the Ultra Violet rays of the sun. Singlet tops do not offer enough protection and are therefore not recommended.• Apply broad spectrum sunscreen (SPF 30+) to their child each morning upon arrival at the centre.• Where a child has sensitive skin, provide a personal sunscreen. <i>This sunscreen must be left with a staff member not in the child's bag or locker.</i>• Support the Sun protection policy by practicing skin protection behaviour as a part of the family lifestyle.• Act as role models by practicing Sun protection behaviour and protecting their own skin.• Wash hands in between application of sunscreen to each child, or have the children apply it for themselves, or use a separate tissue to apply it to each child. <i>This helps to prevent any cross infection.</i>• Provide a spare T-shirt in the summer months as well as sun protective bathers and a towel for water activities. |
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