

64. Sun and Clothing Protection Policy

Aim

- To ensure that all children, staff and families are protected from skin damage caused by harmful Ultra Violet Sunrays (UVR).
- Positive attitudes towards skin protection
- Lifestyle practices, which can help reduce the incidence of skin cancer.
- Develop personal responsibility for and decision making about skin protection
- Allow children to be exposed to the sun at times of low UV levels, so they can avoid Vitamin D deficiency.
- To ensure staff practices consider weather conditions when setting up learning spaces and modifying programmes

Purpose

To create environments and encourage behaviours, which reflect a healthy UV exposure balance, ensuring some sun exposure for Vitamin D while minimising the risk of skin cancer. Sunlight is the best source of Vitamin D, which is necessary for the development and maintenance of healthy bones and muscles, and for general health. Australia has the highest rate of skin cancer in the world and current evidence states childhood sun exposure makes a significant contribution to a person's lifetime risk of skin cancer. These risks need to be balanced with the health, developmental and learning benefits of outdoor play and physical activity, and the benefits of exposure to sunlight.

Procedure

To assist with the implementation of this policy, educators and children are encouraged to access the local sun protection times. (The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. The sun protection measures listed are used for all outdoor activities during the daily local sun protection times.

Protect your skin every day with a combination of these five steps



SLIP



SLOP



SLAP



SEEK



SLIDE

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Slip on protective clothing

- Children, staff and visitors are recommended to wear clothing that covers as much skin as possible, for example, shirts with long sleeves and high necks/collars.
- They are made from close weave materials such as cotton, polyester/cotton and linen.
- It is dark in colour to absorb UV radiation (white and lighter colours reflect UV radiation onto skin).
- Short-sleeved shirts and shorts/skirts are acceptable as long as exposed skin has sunscreen applied and hats are worn.
- Staff, parents/guardians and visitors will act as positive role models for children by wearing recommended clothing.

Slop on SPF30 or higher sunscreen

- Is a broad spectrum and water-resistant.
- Is applied liberally to clean, dry skin at least 20 minutes before going outside.
- Is reapplied every two hours.
- Under supervision of educators, children should be shown and encouraged to apply their own sunscreen.
- Is stored in a cool place, out of the sun and the expiry date is monitored.
- Is used with other forms of protection such as hats and shade.

Slap on a hat

- Children, staff and visitors are recommended to wear a broad-brimmed hat, that provide good protection for the face, nose, neck and ears, which are common sites for skin cancers (caps and visors do not provide adequate protection).
- Is made with closely woven fabric - if you can see through it, UV radiation will get through.
- Is worn with sunglasses and sunscreen to increase your level of protection.

Cancer Council Queensland recommends using SPF30 or higher broad-spectrum, water-resistant sunscreen together with the other four sun protection steps to protect against sun damage when the UV level is 3 and above.

Seek shade

- Staff will actively encourage and teach children to seek and use shaded areas. Making use of trees or built shade structures and verandas.
- Children who do not have the appropriate hats or outdoor clothing will be asked to choose a shady play place or a suitable area protected from the sun.
- The centre will provide outdoor spaces that comply with legislation and include adequate shaded areas to protect educators and children from over exposure to UVR from the sun.

Slide on sunglasses

- Where practical, children, staff and visitors are encouraged to wear sunglasses with a broad-brimmed hat to reduce UV radiation exposure to the eyes by up to 98 per cent.
- They should be close-fitting wrap-around style that meet the Australian Standard AS 1067 and provide an Eye Protection Factor (EPF) of 9 or above.

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Hydration

Educators are to ensure water is readily accessible for all children when outside to prevent dehydration, and encourage the children to take regular drink breaks.

Learning and skills

- Sun protection is incorporated into the learning and development program.
- The Sun and Clothing Policy is reinforced by educators and through children's activities and displays.
- Staff and families are provided with information on sun protection through newsletters, notice boards, pamphlets and as part of the enrolment procedure.

Special note regarding infants

- All babies under 12 months are kept out of direct sun when UV levels are 3 or higher. Physical protection such as shade, clothing and broad-brimmed hats are the best sun protection measures. If babies are kept out of the sun or well protected from UV radiation by clothing, hats and shade, then sunscreen need only be used occasionally on very small areas of a baby's skin. The widespread use of sunscreen on babies under 6 months old is not recommended.
- Educators will monitor fluid intake of babies and document in each child's Communication Book.

Special note Darker Skinned Children

Physically natural very dark-skinned children (skin types 5 and 6) may need 4-6 times as much sun for vitamin D production. The Cancer Council recommends that with parental permission these children not use long sleeved tops or sun screen, unless out for extended periods, however, when UV is 3 or above they should still wear a sunhat (or sunglasses) to protect their eyes and the skin around the eyes and ears.

Clothing

- Parents are advised to choose loose fitting play clothes that will allow their children to enjoy and participate in all activities including painting, sandpit and outdoor play.
- The centre also encourages the wearing of appropriate footwear, preferably with a non-slip sole.
- All clothing/ shoes are to be labelled with the child's name.
- Protective clothing is provided by the centre for very messy play activities.
- The centre has a limited supply of spare clothing, so please ensure you provide a change of clothes in case of accidents and weather changes.
- Recommended clothing to suit the weather, protecting the children against cold and sun.
- Singlets and shoestring tops are not recommended, as they do not provide the adequate required sun protection.



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Parent Responsibilities

- To ensure their child/ren are dressed appropriately to suit the weather and have sun protective clothing to meet the standards set by this policy.
- To ensure their child/ren have acceptable footwear.
- To ensure their child/ren have spare clothes in case of accidents or weather changes.
- To ensure their child/ren clothing and footwear is labelled with their child's name.
- To ensure their child/ren soiled/ wet items are collected daily, when notified.
- To notify the Centre in writing if their child is allergic to sunscreen, and to supply an alternative sunscreen clearly labelled with the child's name.
- To apply sunscreen to their child before they leave home or on arrival at the Centre, and to record it on the Daily Record Form
- To role model positive Sun Smart behaviour to the children when at the centre

Sources, further reading and useful websites

Sources

- Cancer Council Queensland. Early childhood settings: SunSmart Policy Guidelines <http://www.cancerqld.org.au/f/OrderBrochures/Medical/> accessed 19 December 2011
- Shaw, M. (2011). Keeping sun safe in child care <http://ncac.acecqa.gov.au/educator-resources/pcf-articles/KeepingSunSafeMar2011.pdf> accessed 6 March 2012

Further reading

- Queensland Government. Sunsafe Queensland Workplaces. http://www.sunafety.qld.gov.au/documents/factsheet_workplaces.pdf
- Cancer Council Queensland. SunSmart Policy Guidelines: Working towards a SunSmart Queensland. http://www.cancerqld.org.au/icms_docs/54255_Early_Childhood_Settings_SunSmart_Policy_Guidelines_pdf

Useful websites

- Cancer Council Queensland - www.cancerqld.org.au/page/support_us/fundraise/queensland_sunsmart_day

Considered and Accepted by

KAL Management		20 July 2018
Centre Representative		
Parent Representative		