



LIWARA CATHOLIC OUTSIDE SCHOOL HOURS CARE SUN PROTECTION POLICY

POLICY STATEMENT

All enrolled children and employees attending our service shall be protected as far as practicable from skin damage caused by harmful ultra violet radiation (UVR) through the implementation of a mixture of personal and environmental strategies.

Staff, families and children will be encouraged as partners in the implementation of sun protection strategies. This partnership will be supported through the provision and display of educational materials and by incorporating sun protection messages into our program of activities.

Children, families and staff will be regularly reminded of the importance of sun protection.

RATIONALE

Australia has the highest incidence of skin cancer in the world with two of every three Australians developing some form of skin cancer during their lifetimeⁱ. Sun exposure during childhood and adolescence is known to greatly increase the chance of developing skin cancer later in life. Unprotected exposure to UV radiation can also result in eye damage and premature aging of the skin. By implementing strategies to reduce sun exposure we aim to reduce the risk of skin and eye damage throughout participant's lifetimes.

PROCEDURES

A staff member will check the Bureau of Meteorology UV index forecast each morning at <http://www.bom.gov.au/australia/uv/index.shtml>. The UV Index will be displayed at the service.

Outdoor Activities

The service will ensure all sun protection measures are applied to children and educators while outside when the UV Index is 3 or above.

Shade

Children will be encouraged to use shaded areas for outdoors play activities and outdoor activities will be planned to occur in shaded areas.

Hats

Children and educators are required to wear legionnaire style hats, bucket or broad brimmed hats that protect the face, neck and ears whenever they are outside including on an excursion. Visitors will also be encouraged to wear appropriate hats.

Children who do not have their hats with them will be required to play in an area protected from the sun.

Clothing

It is recommended that children and educators wear loose fitting clothing that protects as much of the skin as possible for outdoor activities. Shirts that cover the shoulders and have collars and sleeves in addition to longer style skirts and shorts are most suitable.

Children wearing tank tops, singlets or dresses with strappy shoulders will be required to play in an area protected from the sun.

Educators will be encouraged to wear sunglasses while outside however reflective sunglasses are not to be worn.

Sunscreen

Parents will be asked to ensure sunscreen is applied before children attend the service, this sunscreen must be at least SPF30.

The service will provide Cancer Council approved sunscreen to be re-applied throughout the day.

All children and educators will apply SPF30 or higher broad spectrum, water resistant sunscreen 20 minutes before going outdoors when the UV Index is 3 or above .

Educators will ensure that sunscreen is reapplied to children and themselves every two hours or more frequently if it is washed or wiped off. Children will be encouraged and supervised to apply their own sunscreen. Educators will provide assistance as required.

If a child demonstrates a skin reaction with the application of sunscreen alternative arrangements for sun protection will be planned with the child's family.

Sunscreen will be stored in a cool place, out of the sun.

Educators will monitor the expiry date of sunscreen and discard when out of date.

Excursions

Sun protection will be considered when excursions are planned, specifically time of day and availability of shade. All sun protection strategies apply for outdoor excursions.

Education

Learning about skin protection from the sun will be incorporated into our program activities.

Our sun protection policy will be reinforced through parent newsletters, noticeboards and meetings.

Educators will be provided with educational material relating to sun protection.

Management will keep themselves informed about current trends and information, relating to sun protection by participating in industry networking groups and providing opportunities for educators to train in current practices.

Co-responsibility

When enrolling their child, parents will:

- be informed of the Sun Protection Policy
- provide a suitable hat for their child's use
- give authority for staff to apply or supervise self-application of sunscreen to their child
- become partners in their children's sun protection by practising sun protective behaviours themselves.

DEFINITIONSⁱⁱ

Broad spectrum – protects against both UVA and UVB rays

SPF - sun protection factor, indicates the level of protection against ultra violet radiation (UVR)

- UVA-** UVA (longer wavelength) causes premature aging and wrinkling of the skin and is a cause of skin cancer
- UVB-** UVB (medium wavelength) is more dangerous than UVA and is the major cause of skin cancers, sunburning and cataracts
- UVR –** ultra violet radiation is a form of radiation given out by the sun. Unlike other forms of solar radiation, such as light and heat, UVR cannot be seen or felt. It is divided into three types, UVA, UVB and UVC, according to wavelength. UVC does not reach the earth’s surface.
- UV Index –** an international standard measurement of the strength of the ultra violet radiation from the sun at a particular place on a particular day. The UV index for Western Australia can be viewed at <http://www.bom.gov.au/wa/uv/index.shtml>

REFERENCES

Australian Children’s Education and Care Quality Authority (2012), *Education and Care Services National Regulations (WA) 2012*. ACECQA, NSW.

Australian Children’s Education and Care Quality Authority (2011), *The Guide to the National Quality Standard*, ACECQA, NSW.

Australian Children’s Education and Care Quality Authority (2011), *The Guide to the Education and Care Services Law and the Education and Care Services National Regulations*, ACECQA. NSW.

Australian Government Department of Health and Ageing,
<http://www.health.gov.au/internet/skincancer/publishing.nsf/Content/fact-uv>,
 accessed 24/1/2014

Cancer Council Western Australia, <http://www.cancerwa.asn.au/>

Cancer Council Western Australia, Sun Smart Sample Sun Protection Policy, accessed 24/1/2014

ⁱ Cancer Council of WA, <http://www.cancerwa.asn.au/prevention/sunsmart/>

ⁱⁱ Australian Government Department of Health and Ageing,
<http://www.health.gov.au/internet/skincancer/publishing.nsf/Content/fact-uv>

| Review History | | |
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| Previous Review | Year of Review | Next Review |
| January 2015 | January, 2017 | January, 2019 |