

## Sun Protection 2.14

Mackinnon Parade Children's Centre Inc. manages children's exposure to Ultraviolet Radiation (UV) exposure. Over exposure can cause skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in future skin cancer risk. Conversely, low vitamin D is a result of too little UV exposure. Vitamin D is essential for healthy bones, muscles, and general health.

### Purpose

This policy applies to Mackinnon Parade Children's Centre, educators, staff, students on placement, parents/guardians, children, and others attending the programs and activities of MPCC (*Mackinnon Parade Children's Centre*).

MPCC ensure all personnel involved in the everyday activities, programs and excursions are mindful and implement all relevant procedures pertaining to Sun Protection. This policy applies to all centre events, on and off site.

### Procedure

MPCC uses the sun protection measures outlined in this policy for all outdoor activities from the **beginning of August to the end of April** and whenever the UV Index levels reach 3 and above at other times.

MPCC provides a SPF 50 or higher broad-spectrum water-resistant sunscreen and will apply when necessary, or will use a sunscreen provided by families for individual children with sensitive skin or an allergy, whilst ensuring it allows for adequate sun protection.

### Educator's responsibility

- Educators will ensure babies under 12 months are kept out of direct sunlight, when UV levels are 3 and above, with the use of retractable blinds that create shade over the outdoor area on the Under 2's side of the building.
- Babies under 12 months should be protected by using shade, clothing and sun protective hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats for babies over 6 months.
- Apply and assist children in applying sunscreen as per the instructions outlined in this policy- See 'Sunscreen' section of this policy
- Educators will ensure sunscreen is reapplied as required throughout the day, as per instructions on the bottle.
- Educators will visit [SunSmart Global UV app - SunSmart](#) daily, within the above time frame throughout the year, to access local sun protection times for North Adelaide.
- Educators will ensure they are following the procedures outlined in the policy and being Sun Smart within their own practices.
- Ensure children and other Educators are wearing their hats during daily local sun protection times.
- When the UV is at 3 or above, educators will consider how the learning environment is set up and encourage play in shaded areas and may hold outdoor activities earlier in the day or move them indoors.
- A combination of sun protection measures are considered when planning outdoor activities such as excursions and water-based activities.
- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage children to play in the shade.
- Sun protection practice is incorporated into our curriculums, both planned and spontaneous.

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### Families' responsibility

- Upon enrolment, the enrolling parent will be required to give consent on the Enrolment form for sunscreen to be applied as per the procedures detailed within this policy.
- Alternatively, the enrolling parent needs to detail their preference for a provided Sunscreen to be applied to their child, completing an individual requirements form.
- Communicate with Educators if they have applied Sunscreen to their child prior to drop off and at what time.
- Ensure they purchase a hat from the service or provide a Sun Smart hat (broad brimmed).
- Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor activities.

### **UV Posters**

UV Posters will be displayed at the service and updated daily during the effectiveness of this policy to communicate the time period throughout the day in which the UV is at or over 3 (daily local sun protection times) and the maximum UV level intended to reach for that day.

### **Shade**

- Outdoor areas are shaded where possible to protect children from overexposure to UV from the sun.
- Children are encouraged to use shaded areas outdoors.
- Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times, where possible.
- The Under 2's Yard is equipped with retractable blinds that will be put out when the UV levels are that of, above 3 or when Educators may deem appropriate.

### **Clothing**

Children and Educators are encouraged to wear clothing to protect them from the sun when outside including;

- Clothing that covers as much skin as possible
- Clothing made from cool, tight woven fabric
- Tops with elbow length sleeves and if possible, collars and knee length or longer style shorts and skirts.
- If a child is dressed in a singlet top or dress they will be required to wear a t-shirt/shirt over the top before going outdoors. If spare clothing isn't available children are asked to play in the shade or indoors.
- Hats are worn outdoors during daily local sun protection times recorded on UV posters.

### **Hats**

- All children and Educators are required to wear hats that protect their face, neck and ears.
- The service provides broad-brimmed bucket hats for a small fee.
- Alternatively, families can supply their child a broad-brimmed, bucket or legionnaires style hat.
- Baseball or peak caps and visors are not considered a suitable alternative and will not be permitted, additionally hats with chin cords are considered a choking hazard and will not be approved for use.
- The service will automatically provide a hat for a child if the child does not have one or the hat supplied does not meet requirements. The small cost will be applied to the family's account.
- Alternatively, children who do not have a hat on are asked to play in the shade.

### **Sunscreen**

SPF 50 broad spectrum, water resistant sunscreen is available at MPCC for children, employees, and visitors' use.

- Sunscreen will be applied at least 20 minutes before going outdoors.
- Sunscreen will be re-applied every 2 hours, or as directed for use on the bottle, when outdoors, (more frequently when engaged in water play.)

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- From 3 years of age children will be encouraged to apply their own sunscreen under supervision of Educators.
- For children under 3 years, educators will apply sunscreen with the child, teaching children about how to apply their own sunscreen. Educators will wear a separate glove or use a tissue to apply sunscreen.

### Sunglasses

- Children are encouraged to wear *wrap around* style sunglasses that meet the Australian Standards, where practical.
- Educators and visitors should consider wearing sunglasses while outdoors due to Work, Health and Safety (WHS) requirements.

### Work, Health and Safety

As part of our WHS requirements, during daily local sun protection times, all employees are required to:

- Wear a sun protective hat, clothing and sunglasses.
- Apply SPF 30 or higher broad spectrum, water resistant sunscreen, and;
- seek shade whenever possible

Families and visitors are also requested to follow the above requirements.

### Attachments

Individual medication/ sunscreen chart

UV poster display

Safe Work Procedures

MPCC fee Schedule

### References

Get Up & Grow

- Healthy eating and physical activity for early childhood (section 2) 2009

National Quality Area 2

Sun Smart Australia; Cancer Council SA

Bureau of Meteorology

### National Quality Standards (NQS)

<b>Standard 2.1</b>	<b>Each child's health and physical activity is supported and promoted.</b>	
Element 2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
Element 2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
Element 2.1.3	Healthy lifestyle	Healthy eating and physical activity is promoted and is appropriate for each child.
<b>Standard 2.2</b>	<b>Each child is protected.</b>	

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Element 2.2.2	Incident and emergency management	Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practised and implemented.
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### Education and Care Services National Regulations

National Law and National Regulations		Associated Element
Section 51(1)(a)	Conditions on service approval (safety, health and wellbeing of children)	2.1.1, 2.1.2, 2.1.3, 2.2.1, 2.2.2, 2.2.3
Section 167	Offence relating to protection of children from harm and hazards	2.2.1
Regulation 77	Health, hygiene and safe food practices	2.1.2

### Authorisation:

The Board September 2023

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This policy will be reviewed biannually or as required*