



2 Sun Smart – Policy

SpringDale Neighbourhood Centre Sun Smart Policy has been developed to ensure that all children and staff are protected from damaging levels of ultraviolet (UV) radiation from the sun as too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer.

SpringDale Neighbourhood Centre shall ensure that all children and staff use a combination of sun protection measures whenever they are outside especially between 10.00 a.m. and 3.00 p.m. (11.00 a.m. and 4.00 p.m. daylight saving time) when UV Index levels reach their peak during the day from the beginning of September until the end of April and whenever the UV Index reaches 3 and above..

To help maintain winter Vitamin D levels sun protection measures are not used from May – until August unless UV index reaches 3 or above. This will be checked by staff daily.

SpringDale Neighbourhood Centre considers the special needs of infants / babies under 12 months old are kept out of direct sun.

The availability of shade is considered when planning outdoor activities. Children are encouraged to use available areas of shade when outside. Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or suitable area protected from the sun.

Children are required to wear clothing that covers as much skin as possible while outside. Tops with elbow length sleeves and if possible, collars and knee length or longer shorts and skirts are best. *PLEASE NOTE: Singlet tops do not offer enough protection and are therefore not recommended.*

Children are also required to wear hats that protect their face, neck and ears i.e. legionnaire, broad brimmed or bucket hats. *PLEASE NOTE: Baseball caps do not offer enough protection and are therefore not recommended.* Children are encouraged but not forced to wear sunglasses that meet the Australian Standard 1067 (sunglasses: Category 2,3 or 4) and cover as much of the eye area as possible.

SPF 30+ Broad spectrum, water resistant sunscreen is recommended for parents to provide for their children. Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours when outdoors. Staff act as role models by wearing sun protective hats and clothing and sunglasses when outside applying SPF 30+ Broad Spectrum, water resistance sunscreen and seeking shade whenever possible.

Through the programs offered the children learn about skin and ways to protect their skin from the sun. The Sun Smart Policy is reinforced through staff and children's activities and centre displays. Staff and families are provided with information on sun protection through family newsletters and notice boards.

When enrolling at SpringDale Neighbourhood Centre families will be informed of the Centre's Sun Smart Policy, informed to provide their child/children with a suitable hat and with SPF 30+ Broad Spectrum, water resistant sunscreen and this is to be brought to each session in their bag. Families will be informed to apply sunscreen before attending SpringDale Occasional Care and Vacation Care sessions but also to give permission for staff to reapply the sunscreen labelled, with the child's name, from the child's bag when necessary.

Staff/visitors will be encouraged to practice Sun Smart behaviours when at the Centre.

Resources/References

Education and Care Services National Regulations 168(2)h
National Quality Standards 2.3

www.sunsmart.com.au

Learn about SunSmart program call 131 120.