



Policy 2.19

Sun Protection and Safe Clothing

The purpose of this policy is to ensure that all children attending the Two Wells Community Children's Centre are protected from skin damage caused by the harmful ultra-violet rays of the sun.

TERM 1 & TERM 4 (September to April)

During terms 1 and 4 all staff and children must adhere to our Sun Protection policy, of

- WEAR A HAT - No Hat, No Outside Play
- Be required to wear suitable sun-safe clothing.
- With the parents consent wear minimum 30+ sunscreen.
- Use shady areas for outdoor activities.

TERMS 2 & 3

During terms 2 and 3 staff and children will continue to wear hats. (sunscreen is not applied in term 2&3)

If a child forgets to bring a hat for the day they can still play outside as long as they have applied sunscreen as a protective measure. Staff will then pop a hat reminder note in the child's parent pocket.

Term	Times to Avoid Sun	Hat Outside	Sun-safe clothing	30+ Sunscreen
1 & 4 <i>Jan, Feb, March, April</i>	10am to 3pm	Yes	Yes	<ul style="list-style-type: none"> • Parent to apply before arrival • Staff to apply 20 minutes before outside play or as required
2 & 3 <i>May, June, July, August</i>	Not Required	Yes	Yes	<p>Not Required</p> <p>unless child forgets to bring a hat, must put reminder note to bring hat in parent pocket</p>

The Parent's Role

- On enrolment parents will be informed of the Centre's policy and can be given information on sun protection. Parents will be asked to sign a **consent** form allowing staff to apply sunscreen to their children.



- Parents will be asked to ensure that their child is **dressed in clothes** that will cover their child's shoulders and upper legs. We also encourage children to wear collared shirts, and protective footwear. Therefore we ask that children do not wear any form of strap dress, singlet tops or tank tops that do not cover their child's shoulders. If a child comes into the Centre with a singlet or inappropriate clothing, a staff member will place a t-shirt over the child's clothing while they are outside, and a letter will be placed into the child's bag reminding the parents about the correct clothing to wear at the Centre.
- Parents are encouraged to be good **role models** for children by wearing a hat and sunscreen whenever they are in the sun, and on their way to and from the Centre.
- Parents are required to provide their children with a **named hat**. Children will wear hats whenever they are outside playing or doing activities outside.
- Hats will be **broad brimmed or legionnaires** in style. Children will not share hats while at the Centre, decreasing the risk of spreading head lice.
- If a child does not have a hat, in term 1 or 4 a note will be sent home to the parent as a reminder of the necessity of a hat. If that child comes again with no hat, they will need to play inside and a note will again go home to parents.
- If the child does not have a hat in term 2 or 3 a note will be sent home to the parent as a reminder of the necessity of a hat. The child will have sunscreen applied as a course of sun protection and they will be allowed to play outside. However every child must wear a hat throughout the year when playing outside.
- Parents are asked to apply **sunscreen** to their children, including infants, before they come to the centre (sunscreen should be applied 20 minutes before going outside). The Cancer Council have recommended that a SPF30+ broad spectrum sunscreen be applied to any small areas of skin that cannot be protected by clothing(face, ears, backs of hands) for **all children and infants, including 0-12 month olds**.
- The Centre provides sunscreen and encourages parents to **apply the sunscreen on arrival**.

The Staff's Role

All staff will adhere to the sun smart policy and guidelines as documented on the first page of the policy.

The Child's Role

- Children who do not have their hat or suitable sun-safe clothing will be required to play inside in TERMS 1 & 4. Staff will try and find suitable sun smart clothing from our spare clothes if possible. Staff will send a hat reminder note home.
- Children will wear hats and sun safe clothing whenever they are outside.
- Wear a broad spectrum 30+ Sunscreen which will be applied 20 minutes before the child goes outside and reapplied as required.



The Centre's Role

- The Centre will incorporate sun and skin awareness activities into the centres routine, program and through conversations with children.
- The Centre is responsible for the maintenance of the shade areas, structures and trees used for shade purposes.
- The Centre will provide sunscreen and encourage parents to apply the sunscreen on arrival, or staff will to apply it throughout the day.
- If a child arrives with inappropriate clothing for the weather conditions the staff will look through our clothes to see if we have anything spare that they can wear for protection

What about vitamin D

Most people get enough vitamin D if they expose their hands and face and arms to ;

- *10 minutes of sunlight before 10 am and after 3pm from Sept to April*
- *2-3 hours a week of cumulative sunlight exposure from May to August*
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Wearing of Shoes

The Centre expects that children will arrive at the centre wearing developmentally appropriate footwear. This is to help protect the children's feet from potential hazards.

The Centre does not recommend that children attend the centre wearing *thongs, heels, crocs, ugg boots and slippers* due to the variety of equipment and experiences that are available to children, this footwear is not suitable.

When in toilet areas the children are to wear shoes to protect them from bodily wastes that may be on the floor.

Outside, shoes are to be encouraged to protect the children's feet from bark chips, bike wheels etc.

The children must wear shoes while riding the bikes, scooters or any wheeled item

Governing Council Member's Signature: _____

Director's Signature: _____

Two Wells Community Children's Centre's Common Seal

Date Reviewed: May 2016

Next Review Due: June 2018

Sources: Cancer Council of SA
<http://www.cancersa.org.au/resource>



DECD policies

[www.decd.sa.gov.au/.../files/links/SUN SMART POLICY 18.doc](http://www.decd.sa.gov.au/.../files/links/SUN_SMART_POLICY_18.doc)

CAYHS

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&id=1792&np=305>