Policy 2.19

Sun Smart 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.

September to April

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

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

April to September

During terms 2 and 3 staff will act as positive role models, and discuss and encourage children to be sun smart, encourage the wearing of their hat and wearing sun smart clothing.

<table>
<thead>
<tr>
<th>Term</th>
<th>Times to Avoid Sun</th>
<th>Hat Outside</th>
<th>Sun-safe clothing</th>
<th>30+ Sunscreen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan, Feb</td>
<td>10am to 3pm</td>
<td>Yes</td>
<td>Yes</td>
<td>• Parent to apply before arrival</td>
</tr>
<tr>
<td>March April</td>
<td></td>
<td></td>
<td></td>
<td>• Staff to apply 20 minutes before outside play or as required</td>
</tr>
<tr>
<td>May, June</td>
<td>Not Required</td>
<td>No</td>
<td>Yes</td>
<td>Not Required</td>
</tr>
<tr>
<td>July August</td>
<td></td>
<td>Encourage the children to wear them when sunny.</td>
<td></td>
<td>unless UV Index is 3 or above for more than 1 hour</td>
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<tr>
<td>Sept, Oct,</td>
<td>10am to 3pm</td>
<td>Yes</td>
<td>Yes</td>
<td>• Parent to apply before arrival</td>
</tr>
<tr>
<td>Nov Dec</td>
<td></td>
<td></td>
<td></td>
<td>• Staff to apply 20 minutes before outside play or as required</td>
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</table>
The Parent's Role

- On enrolment parents will be informed of the Centre’s policy and can be given information on sun smart 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 arms and 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, a note will be sent home to the parent as a reminder about the necessity of a hat. If that child comes again with no hat, staff will phone the parent and ask them to either bring in a hat immediately, or purchase one from the Centre and pay for it when they arrive to pick up their child. The centre will provide a spare hat if the parent cannot immediately supply a hat, which will be worn by one child then washed, to limit the spread of head lice. If that child comes again with no hat, staff will phone the parent and ask them to either bring in a hat immediately, or purchase one from the Centre and pay for it when they arrive to pick up their child.

- Information for kindy families - please be aware the kindy room only has evaporative cooling. On days exceeding 35 degrees we understand and support those families who feel they need to pick up children early due to limited cooling options in the kindy room

- 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

September to April

During September to April all staff and children must adhere to our Sun Smart policy, of

No Hat, No Outside Play
• Staff and children will be required to wear suitable sun-safe clothing and with the parents consent children will wear 30+ sunscreen and use shady areas for outdoor activities.

• Staff and children will avoid direct exposure to the sun between 10am and 3pm. Activities and children's play will be set up in shady areas outside of these times. All outdoor activities, where possible, will be held in shady areas.

• Staff will be positive role models and will practice skin protective behaviours.

• Staff will wear broad brimmed or legionnaire style hats and clothing covering the shoulders, arms and neck when outside, and apply sunscreen regularly.

• To reflect the Cancer Council of SA's recommendations, staff will apply a SPF30+ broad spectrum sunscreen 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. "If infants 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 an infant’s skin.”

April to September

During April to September, staff will act as positive role models, and discuss and encourage children to be sun smart, encourage the wearing of their hat and wearing sun smart clothing, especially when it is sunny. However, staff will use their discretion so that sunscreen will be applied when the UV Index is 3 and above.

The Child's Role

• Children who do not have their hat or suitable sun-safe clothing will be required to play in the shaded areas or inside, this decision will be at the educators discretion on the day.

• Children will wear hats and sun safe clothing whenever they are outside.

April to September

• Wear a broad spectrum 30+ Sunscreen which will be applied 20 minutes before the child goes outside and reapplied every 2 hours.

The Centre's Role

• The Centre will incorporate sun and skin awareness activities into the Centre's program

• The Centre is responsible for the maintenance of the shade areas, structures and trees used for shade purposes.

September to April

• The Centre will provide sunscreen and encourage parents to apply the sunscreen on arrival, or staff will to apply it throughout the day. Spare hats and clothing will be provided if parents are not able to bring these in immediately upon request.

April to September

• The Centre will provide a spare hat or sun safe clothing if parents are not able to bring these in immediately upon request.
**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

**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 worn to protect the children's feet from bark chips, bike wheels etc.

The children must wear shoes while riding the bikes.

As mentioned above in the parents role, sun safe clothing must be worn.

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<th>Governing Council Member's Signature:</th>
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<tr>
<th>Director's Signature:</th>
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**Two Wells Community Children’s Centre’s Common Seal**

**Date Reviewed:** June 7th 2013

**Next Review Due:** June 2014

**Sources:**

- Cancer Council of SA

- DECD policies