



## Mountain Community Children's Centre Inc.

### Sun Protection Policy

**Rationale:** Many people living in Australia suffer the long-term effects of illness / injury caused by exposure to the sun. Babies and young children have very little pigment to protect them from the sun and are at a great risk of permanent damage to their skin from exposure to the sun.

**Aim:** To work together with families and the local community to address and promote key sun safety messages through sun protection education and program implementation.

**Procedure:**

Outdoor activities during October to March will occur before 11am and after 3pm in daylight savings time. Between April and September outdoor activities can take place at any time during the day. Sun protection will be required at all times while outdoors to maintain consistency for the children.

The Centre will program outdoor activities to be held in shaded / covered play areas wherever possible. Children under 12 months of age will not be exposed to direct sunlight. Staff and educators will ensure that babies will remain in dense shade when outdoors.

Staff and educators, volunteers, students and families participating in our daily activities are to actively promote sun safety through role modeling for example wear sunscreen, a broad brim hat and appropriate clothing to avoid exposure of skin to the sun. These will be worn at all times whilst participating in outdoor activities.

The centre will provide and maintain adequate shade for outdoor play. Staff and educators will frequently monitor where and when shade falls throughout the day and year and plan where outdoor activities are set up. Activities may need to be moved throughout the day to maintain adequate shade. The centre will use both natural and fixed shade structures. Regular shade assessments will be conducted to monitor existing shade structures and assist in planning for additional shade.

Fixed shade structures will be regularly checked to ensure good repair (see [Maintenance of Building and Equipment Policy](#)).

Staff and educators will request that families dress their children in clothing that provides protection from the sun. Clothing that covers as much of the skin as possible is required. These types of clothing include loose fitting shirts with shoulders and sleeves covered. Necklines need to be covered. Longer style, skirts, shorts and trousers are to be worn. Singlet, crop or midriff type clothing is not recommended. Children must also bring to the centre and wear a legionnaire or broad brim hat EVERY DAY during outdoor play (refer to [Clothing Policy](#)). The Centre provides a limited number of "spare hats" and tee-shirts for children who forget to bring these items.

Families are requested to apply a 30+ or higher broad spectrum, water resistant sunscreen to their child/ren before leaving home. However, sunscreen is available for parents to apply to their child/ren upon arrival if they forget to apply at home. Staff and educators will reapply sunscreen to the children at least 20 minutes prior to afternoon outdoor play. Parents who do not want their child to have Centre sunscreen applied should notify staff and educators and provide the brand they want used. Children without sunscreen will be directed to play in the covered verandah area or indoors.

The Centre will reinforce sun safety messages through regular publication in the newsletter and or resource material such as posters. Families can also obtain further information from the Cancer Council website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart).

Staff and educators will implement the “SunSmart Early Childhood Resource Folder” into the rooms programs throughout the year to reinforce sun safety messages. Staff and educators will also participate in ongoing professional development to remain up to date with current legislation and practices.

Staff and educators will act as role models and demonstrate sun-safe practices by wearing a sun-safe broad brimmed hat supplied by the centre, sun-safe clothing, promoting shade and wearing sunglasses (optional) that comply with AS1067 (Sunglasses: Category 2, 3 or 4). Families, visitors and students are also encouraged to be role models of sun-safe behaviour.

Upon enrolment of their child, families will be given our Centre Policy Manual to read and will be expected to adhere to all policies including the current Sun Protection Policy. All children enrolling will also be issued with a legionnaire hat with the centre logo for use while at the centre. This will reinforce and role model the appropriate ‘sun safe’ hat.

Sun protection will be considered on excursions and incursions. Families, volunteers and staff and educators will be notified of sun protection requirements prior to excursions or incursions.

This policy will be available to families (in the parent pack) upon enrolment and to staff, educators, families (who are already enrolled in the centre) and visitors.

Mountain Community Children’s Centre will submit our Sun Protection Policy every two years to the Cancer Council for review and to ensure continued best practice. The policy will also be reviewed by both staff and educators and the management committee.