



Marton Activity Centre

MAC Policy

SUN PROTECTION	Document ID	: POL058
	Amendment No	: 5
	Quality Area	: MACQA2
	Approved By	: Management
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Australia has one of the highest rates of skin cancer in the world. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life (Cancer Council Australia).

POLICY STATEMENT

Marton Activity Centre aims to promote positive attitudes toward skin protection by encouraging personal responsibility for skin protection among staff, children and families. We aim to teach lifestyle practices that can help reduce the incidence of skin cancers diagnosed. We aim to ensure that all children at the service will be protected from harmful rays of the sun when the UV forecast is 3 or above.

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best source of vitamin D. We need vitamin D to maintain good health and to keep bones and muscles strong and healthy.

Evidence suggests that childhood exposure to UV radiation contributes significantly to the development of skin cancer in later life. UV radiation cannot be seen or felt and can be high even on cool and overcast days. Our educators aim to teach children not to rely on clear skies or high temperatures to determine the need for sun protection and provide them with exposure to resources and materials that will reinforce this message and assist children to understand the complexities of their environment.

Strategies for teaching sun protection in the service will be based on children actively practising and monitoring their own implementation of sun protection strategies as active learners. This will include children having opportunities to access UV alerts and

monitoring the exposure to the sun of both themselves and their peers. Our service believes that implementing a best practice sun protection policy will have a major impact on reducing the chance of our children developing skin cancer in later life.

Between August and May in Australia, all states experience periods during the day when the UV index is 3 or above. During these periods, a combination of sun protection measures is recommended when outdoors for more than a few minutes to reduce the risk of skin cancer.

SCOPE

This policy applies to the children, families, staff, management and visitors of Marton Activity Centre.

PROCEDURE

- We aim to have sun protection messages included in the daily program and investigated in the change of seasons to maximise the awareness and importance of the issue. Sun protection education will be promoted to families, and visitors, as well as children, and staff.
- Daily UV index will be looked at by the Staff member who is setting up the Outside Areas. The UV index will then be discussed with children as to whether they need hats, sunscreen etc.
- Sunscreen will be given to the children to apply to themselves before they go outside to play in periods where the UV index is 3 or above and reapplied every 2 hours. Permission to apply sunscreen will be included in the centre enrolment form. Staff will respect the parent/guardians right to refuse sunscreen, however we will require children to wear appropriate clothing or play in the shade.
- Where children have allergies or sensitivity to the sunscreen, families will be asked to provide an alternative sunscreen that is at least SPF 30+ broad-spectrum water-resistant, or the child encouraged to play in the shade.
- Staff members are required to use at least an SPF30+ broad-spectrum water-resistant sunscreen in periods where the UV index is 3 or above. Sunscreen is to be applied 20 minutes before going outdoors and reapplied every 2 hours.
- Children, staff, and visitors are required to wear clothing which covers as much skin as possible including shoulders, back, and stomach e.g., collars, covered necklines, sleeves, longer skirts and shorts, and trousers. Singlets and midriff tops are not suitable. Children who do not meet our sun safety dress standard will be required to play in the shade or indoors if UV index is 3 or above.
- Staff will role model and demonstrate sun safe behaviour by wearing sun safe clothing, sun safe hat, applying a minimum SPF30+ broad-spectrum water-resistant sunscreen regularly, and promoting and using available shade. Sun safe hats protect the face, neck, and ears. Sun safe hats include,
 - Bucket hats with a deep crown and brim size of at least 5cm (adults 6cm)

- Broad brimmed hats with a brim size of at least 6cm (adults 7.5cm)
- Legionnaire style hats

Baseball caps or visors are not sun safe hats.

- Spare hats will be available for children and staff to use and will be laundered after each use. If there are no spare hats available, the child/ren will be asked to play on the deck under the cola.
- Children are particularly sensitive to UV radiation skin and eye damage. As such it is important to protect children’s eyes. Sunglasses are encouraged to be worn by children, staff, and visitors.
- When the UV index is below 3 children, staff and visitors are able to be outdoors without a hat, hats are still encouraged to be worn.
- Daily programs are designed to avoid being outdoors during the hottest part of the day. If the UV index is 3 or above, all outdoor activities will be planned to occur in shaded areas EG: Deck, under cola etc and will be relocated throughout the afternoon to follow the shade.
- MAC will work in collaboration with Marton Public School to provide and maintain adequate shade for outdoor play. Shade options can include a combination of portable, natural and built shade. Regular shade assessments will be conducted to monitor existing shade structures and assist in planning for additional shade.
- All families will be informed of the sun protection policy which is available to everyone at the service. They will also be informed of the appropriate sun safe protection for their child/children including appropriate hat, clothing and sunscreen requirements.
- The centre will incorporate sun and skin protection awareness activities in the program and provide notices and posters about the topic from Cancer Council NSW as appropriate.

CONSIDERATIONS

NATIONAL QUALITY STANDARDS (NQS)

Quality Area 2: Children’s Health & Safety		
2.1	Health	Each child’s health and physical activity is supported and promoted
2.1.1	Wellbeing & Comfort	Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s needs for sleep, rest & relaxation.
2.1.3	Healthy Lifestyle	Healthy eating and physical activity are promoted and appropriate for each child.
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm & hazard.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS AND NATIONAL LAW

Education and Care Services National Regulations and National law NSW		
Reg	113	Outdoor space natural environment
Reg	114	Outdoor space shade
Reg	168	Education and care service must have policies and procedures

SOURCE

Australian Children's Education & Care Quality Authority (2014)
Guide to the Education & Care services National Law & the Education & Care Services National Regulations.
ECA Code of Ethics
Guide to the National Quality Standard
Revised National Quality Standards
Occupational health and safety Act 2004
Cancer Council. www.cancercouncil.com.au/sunsmart

SERVICE POLICIES/ DOCUMENTATION

Policies	Documents
Administration of First Aid	Client Handbook
Child Protection	Staff Handbook
Enrolment & Orientation	
Excursions	