

Sun Protection



Policy

At this Centre we will seek to protect all children and educators from the harmful effects of the sun.

Background

During the past decades doctors have become increasingly aware of the increase in skin cancer and that all people need to protect themselves from ultraviolet radiation (UV). The harm caused by UV includes premature aging (such as wrinkling and age spots), skin cancer, and permanent, sometimes blinding, damage to eyes. Doctors everywhere agree that education is critical to stopping the epidemic of sun related diseases - especially skin cancer. Many government agencies and individuals are working to provide helpful sun protection information and programs. At Janelle Street Centre we support these efforts.

Practices

All children, at all times of the year, must have 30+ sunscreen applied prior to outdoor play and reapplied every 2 hours (this does not apply to babies under 6 months). Older children will be encouraged to put on their own sun cream whilst younger children will be assisted by educators who will apply the cream with a tissue or gloves. Educators to record time and initials on stat sheets when sunscreen applied.

All children and educators at all times of the year are encouraged to wear a broad-brimmed or legionnaire hat, which protects the face, neck and ears, during outdoor play.

Children not wearing a hat will play in shaded areas.

Children will be encouraged to wear at least a sleeved T-shirt (even over bathers) in addition to sunscreen for all activities in the sun.

Outdoor activities will be held in shaded areas wherever possible and depending on weather conditions.

Outdoor activities will take place in accordance with Cancer Council recommended times (not between 11 a.m. and 3 p.m. in summer months). In extreme high temperatures children will not be allowed to play outdoors.

The Centre will incorporate sun and skin protection awareness activities in teaching programs.

Educators will comply with correct sun safe practices such as wearing hats and appropriate clothing for all outdoor activities and be good role models for children and families.

Educators will check the website www.willyweather.com.au available on the iPads within each room for the appropriate UV level before children engage in outdoor experiences. If the UV level is above 5, then no outdoor experiences will be made available to children.

Sources

- www.cancercouncil.com.au/cancer-prevention/sun-protection (accessed October 25, 2023)
- www.willyweather.com.au (accessed October 25, 2023)

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