The Nest, Alberton Sun Safe Policy

Rationale
Too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

Our sun protection policy is followed from the beginning of September until the end of April and whenever the UV Index level reaches 3 and above*. Due to concerns about lack of Vitamin D children will not have sunscreen applied when levels are under the UV level index of 3.

Aim
The Nest Sun Safe Policy has been developed to ensure that all children and staff are protected from damaging levels of ultraviolet (UV) radiation from the sun.

Our sun protection strategies
• All children and staff use a combination of sun protection measures whenever UV Index levels reach 3 and above*. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak during the day.

Managing the physical environment - shade
• There are sufficient number of shelters and trees providing shade in the Nest grounds.
• The availability of shade is considered when planning excursions and outdoor activities.
• Children are encouraged to use available areas of shade when outside. Children who do not have appropriate outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

Protective behaviours and practices

Clothing
• When outside, children and staff are encouraged to wear loose fitting clothing that covers as much skin as possible. Tops with elbow length sleeves, and if possible, collars and knee length or longer style shorts are best.

Hats
• Children and staff are also required to wear hats that protect their face, neck and ears.
(Please note: Baseball caps do not offer enough protection and are discouraged.)

Sunscreen
The Preschool encourages parents to apply a broad-spectrum sunscreen with a SPF of at least 30+ to clean, dry skin, 20 minutes before going outdoors, on arrival or before arrival. Sunscreen will be reapplied every two hours if outdoors for a prolonged period of time.

Review
Staff monitor and review the effectiveness of the sun protection policy every two years and revise the policy when required.
• Reviewed March 2015
• Next policy review: March 2017

Sources / Further reading
• Children's Services Act 1996, Section 26: Protection of children from hazards
• AS/NZS 4486.1:1997 – Playgrounds and Playground Equipment Part 1: Development, installation, inspection, maintenance and operation Shade/Sun Protection (Appendix A)
• Department of Human Services: Children's Services Guidelines
  Sun protection
• Occupational Health and Safety Act 2004 Sections 21 and 23: Main Duties of Employers
  Section 25: Duties of Employees
• *SunSmart UV Alert (issued whenever the UV Index reaches 3 and above)