



Sunsmart Policy

Purpose

Queensland has the highest rate of skin cancer in the world, accounting for approximately 80% of all new cancers diagnosed each year across the state. As childhood sun exposure is an important contributing factor to lifetime skin cancer risk, sun safety practices should be supported and encouraged all year round.

A sun protection policy ensures that the centre is a safe and protective environment and that sun protection behaviours are integrated into daily activities, planning and procedures. A sun protection policy is also a requirement of the National Quality Framework. Joining Cancer Council Queensland's National Sun Smart Program further demonstrates a commitment to the future health of children, staff and parents.

Application

This procedure applies to Our Lady of the Sacred Heart Kindergarten located on Thursday Island.

Guideline/Procedure

Quality Area 2 Children's Health and Safety

Outdoor activities must be carefully planned to take place at times during the day when UV levels are low. Outdoor activities should be avoided around the midday hours when UV levels are the highest. Multiple sun protection methods are required whenever the UV index level is forecast to reach 3 or above. In Queensland, the UV level is 3 or above all year round.

At our centre we have adequate, quality shade. We use a minimum of SPF30 broad spectrum, water resistant sunscreen and have appropriate hats and clothing to guarantee Sun Smart outdoor activity.

Staff, educators and children are required to wear hats that protect their face, neck and ears at all times when outdoors.

Examples of appropriate hats include:

- Bucket hats with a deep crown and brim size at least 5 cm (adults 6cm)
- Broad brimmed hats with a brim size of at least 6 cm (adults 7.5 cm)
- Legionnaire-style hats

Baseball caps or visors do not provide adequate sun protection.

Staff, educators and children are required to wear sun protective clothing that covers as much of the skin as possible.

This includes wearing:

- Clothing with long sleeves, collars, and a covered neckline.
- Loose fitting clothing will be cooler.
- Longer style skirts, shorts and pants.

Quality Area 3 Physical Environment

All outdoor activities will be planned in shaded areas. Play activities will be set up in the shade and moved throughout the day to utilise daily shade patterns. The centre will 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.

More information about providing and assessing an adequately shaded environment can be accessed by the Queensland Government Sun Safety website:

www.sunsafety.qld.gov.au/intheshade/earlychildhood.aspx