

SUN PROTECTION

All children when going outside are instructed to wear a wide brimmed or legionnaire hat at all times whilst outdoors **throughout the whole year.**

If children forget their hat, they choose one from the Centre's pool of wide brimmed or legionnaire hats.

If children refuse to wear a hat, they are to remain indoors for this duration.

Sunscreen is applied to children from the first of September each year to the 31st of April.

The children aged 3-5 years are instructed, supervised and given assistance to apply sunscreen SPF 30+ before going outdoors this can be done to 2-3 times a day.

Toddlers and Babies have SPF 30+ sunscreen applied to them before they go outside, and all children are sun screened at least 2-3 times a day.

Children are actively encouraged, (and supervised), to play in shaded areas at all times when outdoors, i.e. under shade sails or large trees. The Centre has many shaded areas. We aim to minimise outdoor time between the peak daily.

UV radiation times of 10.00 a.m. - 2.00 p.m. EST and 11.00 a.m. - 3.00 p.m. during daylight savings.

All staff, students, and volunteers apply sunscreen and wear appropriate sun smart hats and clothing when outdoors supervising children.

Parents are also encouraged to wear appropriate sun smart hats when accompanying children on excursions.

Children are not to wear singlet T-shirts or singlet dresses as per the children's dress policy. If they do so, they are provided with a spare T-shirt from the Centre and parents are requested to supply the appropriate clothing. Loose fitting and closely woven fabrics assist in protecting children from exposure to the sun.

The Centre provides lots of education material and education to staff and parents.

Throughout the day staff talk to the children about the importance of sun protection, the consequences of sunburn, and appropriate clothing.

We encourage the wearing of sunglasses for children.

Educational material on sun protection is displayed around the Centre and staff educate parents on the way to achieve maximum sun protection.

Water is offered to children throughout the day regardless of Indoor/Outdoor play settings. Cool boiled water is offered to infants between feeds.

Source: – Cancer Council March 2008

The Sun Smart Policy is reviewed yearly, due 2009