



**Maldon
Neighbourhood
Centre Inc**
Friendship & Learning

Maldon Neighbourhood Centre Occasional Childcare

Sunsmart Policy

AIM

This policy has been developed to ensure that all children attending this Centre are protected from skin damage caused by the harmful UV rays of the sun. It is to be implemented with particular emphasis from October to April.

POLICY AND PROCEDURES

To protect children from harmful UV exposure, while ensuring they receive adequate Vitamin D and enjoy outdoor play time.

When enrolling their child/ren parents/carers will be informed of the Sunsmart Policy and will be asked to give written authority and directive for staff to administer sunscreen if not applied prior to session or required reapplication.

- Hats are required to be worn from mid-August to the end of April. The hat must protect the face, neck and ears when they are outside.
- Children who do not have their hats with them will be asked to play in an area protected from the sun or will be supplied with a Centre hat. These hats must be washed immediately after use.
- The Committee will ensure that there are sufficient number of shelters and trees providing shade in the Centre grounds.
- Children will be encouraged to use available areas of shade for outdoor play. The majority of outside activities/experiences should be set up under shade by staff.
- When UV rays are expected to be extreme/high, indoor activities will be scheduled after 11 during daylight savings time. At other times, outside activities will be available before 10am and after 2pm.
- Staff and parents/carers to act as role models by wearing appropriate hats and outdoor clothing, seeking shade whenever possible and using a 30+ sunscreen for skin protection.
- SPF30+ broad spectrum, water resistant sunscreen is to be applied to children's exposed skin at least 15 minutes before going outside. (Even cloudy/overcast days in summer, sunscreen is necessary). Sunscreen must be re-applied every 2 hours.
- Children, who have an allergic reaction to some sunscreen, must supply their own.
- Children will need to wear appropriate sun protective clothing during outside play. Eg Shirt, T-Shirt, dress with short sleeves, shorts, and trousers.
- Parent/carers are asked to apply sunscreen prior to the commencement of the child's session.
- Learning about skin and ways to protect skin from the sun will be incorporated into programmed activities.
- The Sunsmart Policy will be reinforced in a positive way through parent newsletters and noticeboards.
- Staff and parents/carers will be provided with educational material on sun protection.

Policy Reference Number: POLOCC2016008

Date of endorsement: 24 November 2020

Date last reviewed:

Date for next review: 24 November 2022



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- To help develop independent skills ready for school, children from three years of age are given opportunities to apply their own sunscreen under supervision of staff, and are encouraged to do so.

Special note regarding infants

SunSmart practices consider the special needs of infants. All babies under 12 months are kept out of direct sun when UV levels are 3 or higher. Physical protection such as shade, clothing and broad-brimmed hats are the best sun protection measures. If babies are kept out of the sun or well protected from UV radiation by clothing, hats and shade, then sunscreen need only be used occasionally on very small areas of a baby's skin. The widespread use of sunscreen on babies under 6 months old is not recommended.