



**MOUNT HAWTHORN EDUCATION SUPPORT CENTRE**

## **Sun Protection Policy**

**2021-2023**

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## *Rationale*

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Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for developing skin cancer later in life. By implementing a best-practice Sun Protection Policy and practices, early childhood education and care services can help protect staff and children from UV radiation and teach children good sun protection habits from an early age.

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## *Scheduling outdoor activities*

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Outdoor activity times and sun protection practices to include:

October - March: Minimise outdoor activity between 11am and 3pm. Sun protection practices are required at all times when outside.

April - September: Outdoor activity can be planned at any time of the day. Sun protection practices are required between 10am and 2pm except in June and July when the UV Index is mostly below 3.

All sun protection measures will be considered when planning excursions and incursions. Sun block will be taken as part of the kit on all excursions.

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## *Shade Quality*

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All outdoor activities will be planned to occur in shaded or partially shaded areas. Play activities will be set up in the shade and moved throughout the day to take advantage of 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 should be conducted to monitor existing shade structures and assist in planning for additional shade.

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## *Hats*

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Staff, educators and children are required to wear sun-safe hats that protect their face, neck and ears. The green school hat falls into this category. Sun-safe hats include:

- bucket hats with a deep crown and brim size of at least 5cm (adults 6cm)
- broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm)
- legionnaire style hats.
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Please note: Baseball caps or visors are not sun-safe hats.

Children without a sun-safe hat are required to play in an area protected from the sun (e.g. under shade, veranda or indoors) or will be provided with a spare hat. MHESC has the rule of 'no hat, no play'.

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### *Clothing*

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Staff and children are required to wear sun-safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible. This includes wearing:

- loose fitting shirts and dresses with sleeves and collars or covered neckline
- longer style skirts, shorts, skorts and trousers.
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Please note: Midriff, crop or singlet tops are not sun-safe clothing.

Children without sun-safe clothing are required to play in an area protected from the sun (e.g. under shade, veranda or indoors) or will be provided with spare clothing.

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### *Sunscreen*

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On excursions, staff and children are required to apply at least SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours. Sunscreen is stored in a cool, dry place in each classroom and the expiry date is monitored by classroom staff. Classroom staff will apply sunscreen to all students before recess and lunch.

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### *Role Modelling*

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Staff and educators are required to act as role models and demonstrate sun-safe behaviour by:

- wearing a sun-safe hat, clothing and sunscreen and using shade
- wearing sunglasses (optional) that comply with the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4)
- encouraging families and visitors to role model positive sun-safe behaviour when at the Centre.

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## *Education and Information*

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MHESC incorporates sun protection information regularly into learning programs and communicate information to staff, families and visitors. Further information is available from the Cancer Council website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart).

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## *Policy Availability*

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The Sun Protection Policy, updates and requirements will be made available to staff, educators, families and visitors

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## *Review*

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Management and staff will regularly monitor and review the effectiveness of the Sun Protection Policy.