

## **SUN SMART POLICY**

### **Explanation:**

Over exposure to the sun can pose serious health risks to adults and children. Children must be made aware of the consequences of over-exposure to the sun, and skin damage done due to the harmful U.V rays of the sun. They are to be encouraged to wear adequate sun protection.

### **BEHAVIOUR**

#### **Clothing**

- During sunny weather all participants (staff, children and parents) will be required to wear a sun safe hat during outdoor play. Sun safe hats must be legionnaire or broad brim style. Staff and parents are to act as positive role models by practising sun safe behaviour.
- It is the responsibility of the Parent /guardian to supply a hat for their child as well as any other sun protection e.g sunscreen and appropriate clothing.
- If for some reason a child is without a hat a few spares will be kept at the Centre.
- If a child will not wear a hat during outdoor play then he/she will be required to play only in the SHADED areas.
- Provide outdoor activities in shaded areas with a limited time spent outdoors between 11am and 3pm.

#### **Sunscreen:**

- The centre will not provide sunscreen as some children can have allergies to certain products in sunscreen.
- Parents will be required to apply sunscreen to their child before arriving at the centre.
- Serious damage can be done if sunscreen enters the eye area. At this age, children are asserting independence and often are quite capable in applying lotion. However, to avoid any chance of an accident, children will only be permitted to apply their own sunscreen at Somerset Puddleduck Playcentre under their parent's supervision. If a parent chooses to send sunscreen to the Centre with their child, it is to be handed to staff and NOT left in a child's bag. Staff can then apply sunscreen as instructed by parent/guardian.

#### **Communication:**

- Staff are to ensure the Sun Smart policy is reflected in their programming and planning outdoor activities and excursions.
- Staff and Committee members are to regularly reinforce Sun Smart messages through newsletters, parent and staff meetings and all outdoor activities.

#### **Environment:**

- Work toward increasing the amount of shade available for the children's play area e.g portable shade structures, umbrellas etc.
- Puddleduck Play Centre Inc will review the effectiveness of this policy yearly and make any recommendations for improvement.