



## Mitcham Community House

# Childcare SunSmart Policy

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## POLICY

Mitcham Community House is committed to protecting paid staff, volunteers and children in care in the childcare program from harmful exposure to UV radiation by implementing the following procedures from beginning of September to the end of April each year.

## PROCEDURES

1. The Management Committee will ensure that shade protection is provided outdoors.
2. Children, volunteers and staff will wear hats that protect the face, neck and ears whenever they are outside. Acceptable hats are broad-brimmed (minimum 6cm brim), legionnaire or bucket hat (deep crown and minimum 5cm brim).
3. Children are required to wear loose-fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended. Tops with elbow-length sleeves, and if possible, collars and knee-length or longer style shorts and skirts are best. If a child is not wearing sun-safe clothing (e.g. a singlet top or shoestring dress) they will be required to stay indoors or play outside in shaded areas only. A note will be sent home with the child advising of appropriate sun-safe clothing.
4. All children will be encouraged to use available areas of shade for outdoor play activity. Children who do not have their hats with them will be restricted to the shaded areas.
5. The availability of shade is considered when planning all outdoor activities.
6. The use of wrap-around sunglasses that meet Australian Standard 1067 (sunglasses-category 2, 3 or 4) is encouraged.
7. SPF30 (or higher) broad-spectrum, water-resistant sunscreen is supplied by the service and/or families.
8. Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every TWO hours.
9. To help develop independent skills ready for school, children from 3 years of age are given opportunities and encouraged to apply their own sunscreen under supervision of staff.
10. Staff, volunteers and parents will act as role models by:
  - Wearing appropriate hats and clothing outdoors. Staff hats will be purchased by MCH as required
  - Using SPF30 (or higher) broad-spectrum, water-resistant sunscreen for protection, which will be provided for staff and volunteers by MCH.

- Seeking shade wherever possible.
11. Appropriate learning about sun protection will be incorporated into programmed activities.
  12. Staff, volunteers and parents will be provided with educational material on sun protection.
  13. Parents are required to:
    - Supply a suitable SunSmart, named hat.
    - Make sure that their child(ren) wear sun protective clothing that covers as much skin as possible.
    - Apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen, prior to the child's attendance at the Mitcham Community House Children's Service.
  14. The SunSmart Policy will be reinforced in a positive way through newsletters and noticeboards.
  15. Wearing of hats outside, from 1st September to the end of April will be a requirement in staff contracts.