

# Sun Protection Policy

## A. Principle

1. Changepoint Early Learning Centre acknowledges that sun presents a hazard to people due to the harmfulness of ultraviolet radiation (UVR).
2. Children and adults are attending the service at the times when ultraviolet radiation levels are at their peak and therefore most dangerous. This is usually between the hours of 10am and 4pm during the months of September to April.
3. Changepoint ELC does everything reasonably practicable to provide a sunsafe environment and to manage the risk by eliminating or limiting exposure to ultraviolet radiation.
4. Through information sharing and role modelling, Changepoint ELC seeks to raise awareness about the importance of skin protection and teach children and parents / whānau about sun protection behaviour.

## B. Connection with Te Whāriki

Strand 1: Wellbeing – *The health and wellbeing of the child are protected and nurtured.*

Strand 1: Wellbeing – Goal 1: *Children experience an environment where their health is promoted.*

Strand 1: Wellbeing – Goal 3: *Children experience an environment where they are kept safe from harm.*

## C. Policy Statement

The Sun Protection Policy states that **“The Changepoint Early Learning Centre does everything practicable to provide a sunsafe environment and protect people from the risks associated with high levels (i.e. UVI level 3 or above) of ultraviolet radiation”.**

## D. Sun Protection Strategies

1. UVI
  - a) Teachers can use the iPad to check the UVI at any time during the day. This information can be found on ‘met service’ or ‘accuweather’ websites.
  - b) However, as a matter of strategy we put into place sun protection measures from 9:30am – 4pm in the months of September, October, November, December, January, February, March and April.
2. Shade
  - a) Given that there is limited natural shade in the outdoor play / activity areas within the licensed premises, the ELC endeavours to provide as much shade as practicable.
  - b) Shade sails are used to cover the artificial turf, sandpit, and part of the deck at the Tūī/Pūkeko building. Shade sails are also used in the Kākāpō playground and part of the concreted area.
  - c) These shade sails are installed during the school holidays between Term 3&4 and then removed in the school holidays between Term 1&2. However they can be left up later or installed earlier if needed.
  - d) Children are encouraged to use available areas of shade when outside.
  - e) Children who do not have appropriate clothing (T-shirt that covers shoulders etc), hats or sunscreen will be given ELC spare clothes to wear and the family will be asked to provide more sun protection appropriate clothing going forward.
  - f) The availability of shade is to be considered when planning Regular Outings on the property or Special Excursion off site.
3. Clothing
  - a) When outside, children are to wear clothing that covers as much bare skin as

- possible. It is encouraged that children's clothing is loose-fitting and breathable but covers as much bare skin as possible.
- b) Children must wear a shirt/dress or top that covers their shoulders at a minimum. However, clothing with long- or elbow-length sleeves that cover shoulders, collars, and long or knee-length pants or skirts offer better sun protection.
  - c) If a child wants to wear a singlet shirt or dress then they must also wear a shirt under or over this clothing that covers their shoulders at a minimum. However, the more skin covered the better.
4. Hats
- a) Children are required to wear sun hats that offer protection to the face, neck and ears.
  - b) Acceptable hats:
    - i. Bucket style
    - ii. Wide brimmed
    - iii. Legionnaire style cap (Where the neck and ears are covered by a flap)
  - c) Not acceptable hats:
    - i. Baseball caps
    - ii. Caps that only have a front visor and no back flap
    - iii. Visors that only provide face shade and don't cover the child's scalp
    - iv. Hats that meet the criteria but do not properly fit the child
  - d) The motto is "Hats for outside play". This language is consistently used across the ELC learning rooms. If children do not want to wear an appropriate hat they will be kept inside until they are ready to wear a hat.
  - e) Parents are required to supply this sunhat and to clearly name it for their child/children. If they forget on any given day the service has some spare hats available to borrow on a day to day basis.
  - f) For infants who often remove their hats, sun-block is applied directly to their scalps and they are encouraged to play in the shade. Children who cannot yet move are always kept in the shade
5. Sunscreen
- a) It is recommended that a broad spectrum sunscreen with an SPF of at least 30 is used. However the ELC takes every effort to buy a sunblock that is SPF 50+
  - b) If children are involved with water play, sunscreen must be water resistant. To this end ELC will make every effort to only provide sunblock that is water resistant
  - c) A basic broad spectrum sunscreen is provided by the Service.
  - d) Sunscreen is applied whenever it is necessary for sun protection during the year. However in the months of September – April between the hours of 9.30am – 4pm Sunscreen is applied every 2hours. Every effort is made to apply this sunscreen at least 20minutes before exposure to sun.
  - e) The motto is "Slip, slop, slap and wrap".
  - f) Sunscreen is reapplied as per the instructions on the bottle. That is every 2hours while children are in the sun and more regularly if playing in water.
  - g) If, due to skin allergies, a child requires a special sunscreen, the parent provides their own sunscreen with the child's name labelled on it. This is kept at the ELC for the child's personal use. All information regarding sunscreen allergies MUST be recorded in the child's enrolment form in writing, by the parent/guardian. This sunscreen provided by the family must be:
    - i. SPF30 or higher
    - ii. Broad spectrum
    - iii. Water resistant
    - iv. Live at the ELC
    - v. Be clearly named
6. Sunglasses
- a) It is recommended that, if parents want their child to wear sunglasses, these should be close-fitting and cover as much of the eye area as possible.
  - b) Sunglasses should meet NZ standards - If a pair of sunglasses are classed as a toy, then they are not protective.
7. Role modelling
- ELC staff members act as role models by

- a) Wearing sun protective hats and clothing, and sunglasses when outside.
  - b) Applying sunscreen to themselves along with the children.
  - c) Moving to shaded areas whenever possible.
  - d) Staff are encouraged to wear clothing that is both sun protective and modest.
8. Information sharing
- a) In an age-appropriate way, ELC staff members teach children about the skin and the importance of protecting it from the sun.
  - b) The Sun Protection Policy is reinforced to children through activities and displays.
  - c) Parents / whānau are informed of the Sun Protection Policy and encouraged to practice sun-smart behaviours at home.

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