

# Aberfoyle Hub Preschool

## Skin Protection Policy

### Rationale:

Australia has the highest incidence of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing in later life.

Cancer Council SA advises that people protect their skin at times when the UV radiation level is 3 and above.

Cancer Council SA recommends that a skin protection policy be in place from 1 September until 30 April when UV radiation levels are 3 and above. It is recommended that UV levels continue to be monitored throughout the year.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to August, sun protection for most people is not necessary.

### Aims:

The aims of the Aberfoyle Hub Preschool skin protection policy are to promote among children, staff and parents:

- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin cancer
- Personal responsibility for and decision making about skin protection
- Awareness of the need to reduce the level of sun exposure in our environment when the UV level is 3 or more.

### Implementation:

This policy is for implementation from 1 September to 30 April or whenever the UV level is 3 or above.

It is an expectation that all staff, children and parents at our centre will use the following skin protection strategies:

- Take care to protect the skin when the UV level is 3 and above
- Whenever possible, activities will be in the shaded areas of the centre
- Wear appropriate clothing which protects the skin
- Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat or bucket hat whenever they are involved in outside activities.
- Children not wearing an appropriate hat will be expected to play in the shade
- Children will be encouraged to wear clothing that covers their shoulders and upper arms
- Parents will be encouraged to apply sunscreen before children arrive in the morning
- A broad- spectrum, water resistant sunscreen, provided by the centre will be applied by the children after lunch and 15 – 20 minutes before going outdoors.
- Parents may supply their own named sunscreen which must be handed to a staff member
- Special needs of babies – Babies under the age of 12 months should be kept out of direct sun light and always protected by shade, clothing and hats. Parents should apply sunscreen to small areas of exposed skin.
- Staff will be encouraged to role model appropriate SunSmart strategies in all activities
- SunSmart strategies will be included in appropriate teaching activities
- Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA
- Information about the centre's skin protection policy will be given to all new families and staff

Endorsed by staff and Governing Council 15<sup>th</sup> June 2017