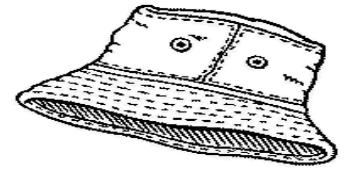




# Skin Protection Policy

Aberfoyle Park Campus Preschool



## Rationale

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70. 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 later in life. Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above—this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from September to April—it is during these months that sun protection is necessary.

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 highly recommended that UV radiation levels are monitored, particularly during May and August as they still may be 3 or above depending on your location.

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, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

## Aims

The aims of the Aberfoyle Park Campus Preschool's 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 and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- Awareness of the need for environmental changes in our centre to reduce the level of sun exposure when the UV radiation level is 3 and above.

## Implementation

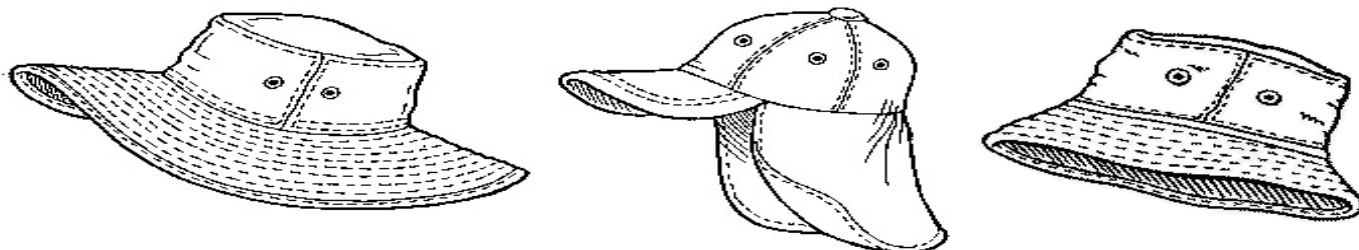
This policy is for implementation from 1 September to 30 April each year.

The purpose of the policy is to ensure that all members of our Early Childhood Service are protected from skin damage caused by the harmful rays of the sun. It is an expectation that all staff, students and parents of Aberfoyle Park Campus Preschool will use the following skin protection strategies:

1. Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above. Extra care should be taken between 10.00 am and 3.00 pm when UV radiation levels are highest.
  - 1.1 The kindergarten's routine will be rearranged to minimise exposure to UV radiation in the middle of the day.
  - 1.2 Whenever possible, all outdoor activities will be set up in shaded areas of the service between September and April when the UV prediction for the day is 3 and above.
2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
  - 2.1 The climbing area is to be a priority for shade structure planning

3. Wear appropriate clothing which protects the skin.

3.1 Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat whenever they are involved in outside activities between 1 September and 30 April. Children not wearing an appropriate hat will be expected to play inside or under the verandah.



- Brims on broad brimmed hats should be at least 7.5cm wide. These hats reduce the amount of ultraviolet radiation reaching the face and eyes by up to 50%.
- Legionnaire style hats should have a flap that meets the sides of the front peak to provide protection to the side of the face
- A bucket hat should have a deep crown so it sits low on the head and have a brim of at least 5 cm.

3.2 Children will be encouraged to wear shirts with collars and at least elbow length sleeves and longer style shorts/skirts.

4. A broad-spectrum, water resistant sunscreen with an SPF of 30+ will be encouraged to be applied for each child, 15—20 minutes before going outdoors for activities.

4.1 Parents will be encouraged to supply a roll-on sunscreen for their children.

4.2 Parents are encouraged to apply sunscreen to their child before being dropped off at the kindergarten

4.3 Staff will ensure that children who have had sunscreen supplied by their family apply this after lunch; before they go outside in the afternoon between September and April.

4.4 Parents will be encouraged to check that there is adequate sunscreen in their child's container at the beginning of each term / September.

5. Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.

5.1 Staff will be encouraged to role model appropriate SunSmart strategies in all service activities.

5.2 Skin cancer prevention will be included in appropriate teaching activities.

5.3 Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA.

5.4 Information about the centre's SunSmart Policy will be given to all new staff, students and families.

6. The Aberfoyle Park Campus Preschool skin protection policy' will be evaluated on a two yearly basis.

6.1 Policy issues will be discussed at staff and parent meetings.

For more information please don't hesitate to contact:

Cancer Council Helpline 13 11 20

Or visit our website on: [www.sunsmart.org.au](http://www.sunsmart.org.au)