

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 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 from September to April—it is during these months that sun protection is necessary. Cancer Council SA also recommends that particular care should be taken between 10.00 am – 3.00 pm, when the UV radiation levels are at their highest.

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.

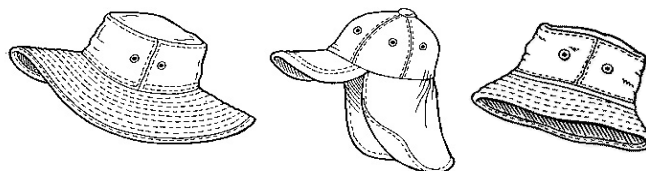
Aims

The aims of the Acacia Kindergarten SunSmart 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 all year.**
- It is an expectation that all staff, students and parents of Acacia Kindergarten will use the following skin protection strategies:
 - 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. Educators check UV rating each morning from the weather website.
 - Use the shade of trees, pergolas, umbrellas and tents whenever outdoors. The further provision of shade areas is a priority for the service.
 - Wear appropriate clothing which protects the skin. Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat when they are involved in outside activities. Staff will use professional judgement when it is not appropriate to wear a hat outdoors, for example, in times of wet, windy weather. Children not wearing a hat will be expected to play indoors. Children who do not have their hat with them will be offered one of the kindy hats unless their parent has specifically forbidden them to borrow a hat (and has let staff know this in writing).



- Children will be encouraged to wear shirts with collars and with sleeves and longer style shorts/skirts.
- Families are asked to apply sunscreen on their child before arriving at kindergarten. Staff will re-apply sunscreen at the middle of the day. The site will supply sunscreen, but parents may supply their children with their own sunscreen if they wish to use a particular type.
- Staff and children can wear protective eye wear (sunglasses) if they choose.

- Staff will incorporate sun and skin awareness activities into our teaching programs.

More information can be found at: www.sunsmart.org.au