

Skin Protection and Extreme Weather Policy

Rationale

- Adams Road Children's centre recognises that Australia has the highest incidence of skin cancer in the world, with 2 out of 3 people developing skin cancer before they are 70. Sun exposure in the first 10 years of life determines to a substantial degree the likelihood of skin cancer in later life. Radiation levels of 3 and above can cause damage and occur every day from September to April, especially between 10am and 3pm.

This policy will be distributed to all new staff students and families at the centre. It has been developed in order to-

- Protect children's skin during to help prevent the likelihood of cancer.
- To balance sun protection with safe sun exposure, for bone growth and development.

Aims

The aims of the Adams Road Children's Policy Skin Protection Policy are to promote among children, staff, parents and caregivers -

- 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 for environmental cancer in the Centre to reduce sun exposure in high radiation levels.

Staff Roles and Responsibilities

- Staff are encouraged to promote and role model appropriate sun smart strategies and the sun smart message.
- Advertise UV Rating on the board in the morning.

Implementation

Between September and May and on days where UV rating is above 3 the preschool will take extra care between 10:00 am and 3:00 pm to minimise exposure to UV radiation.

Shade

- Trees, pergolas, umbrellas and tents will be used outdoors to provide shaded areas for outdoor play.
- Sandpit and play area under shade and the veranda may be used during these hours,
- Activities conducted in periods of hot weather are to be conducted in shaded areas.

Drinks

- Children will be frequently offered water and have access to water from the water fountain at all times.
- Children will be regularly offered water during hot periods.
- Children's drink bottles can be accessed at all times.

Clothing

Parents are encouraged to dress children in clothing that minimises UV Radiation exposure.

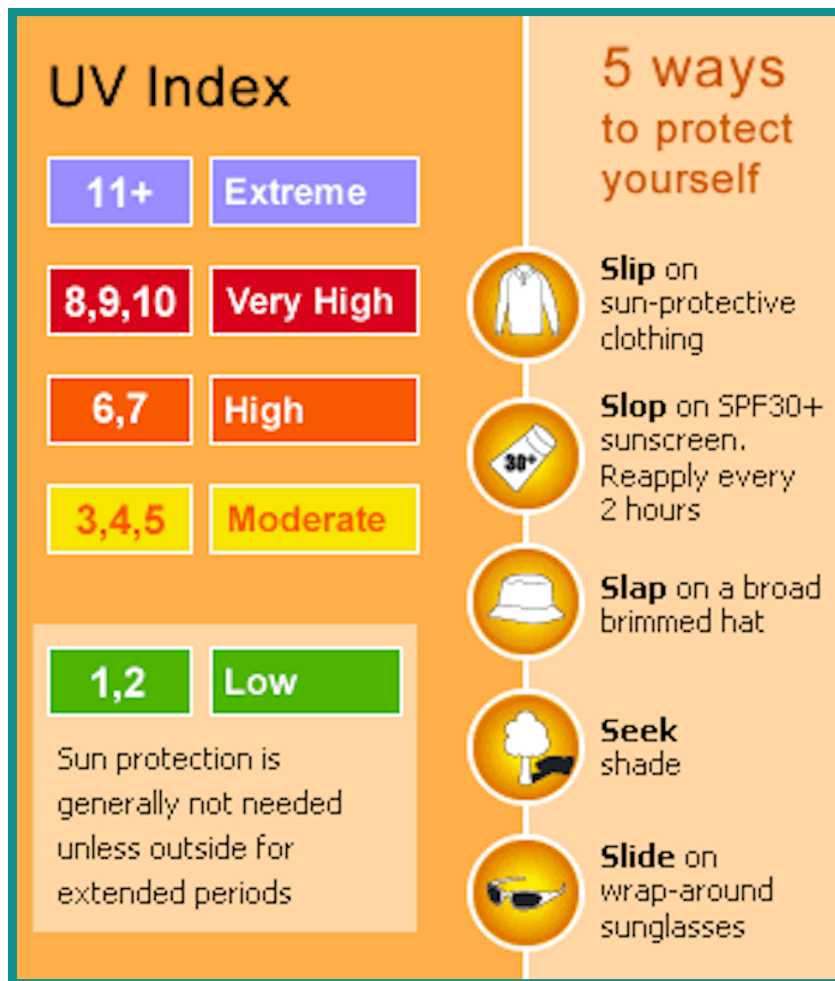
This includes:

- Sun safe hats- Broad Brimmed, Legionnaire or Bucket hats only. (no toggle string)
- Shoulders must be covered with sleeves; therefore strapped dresses and tops are not suitable.

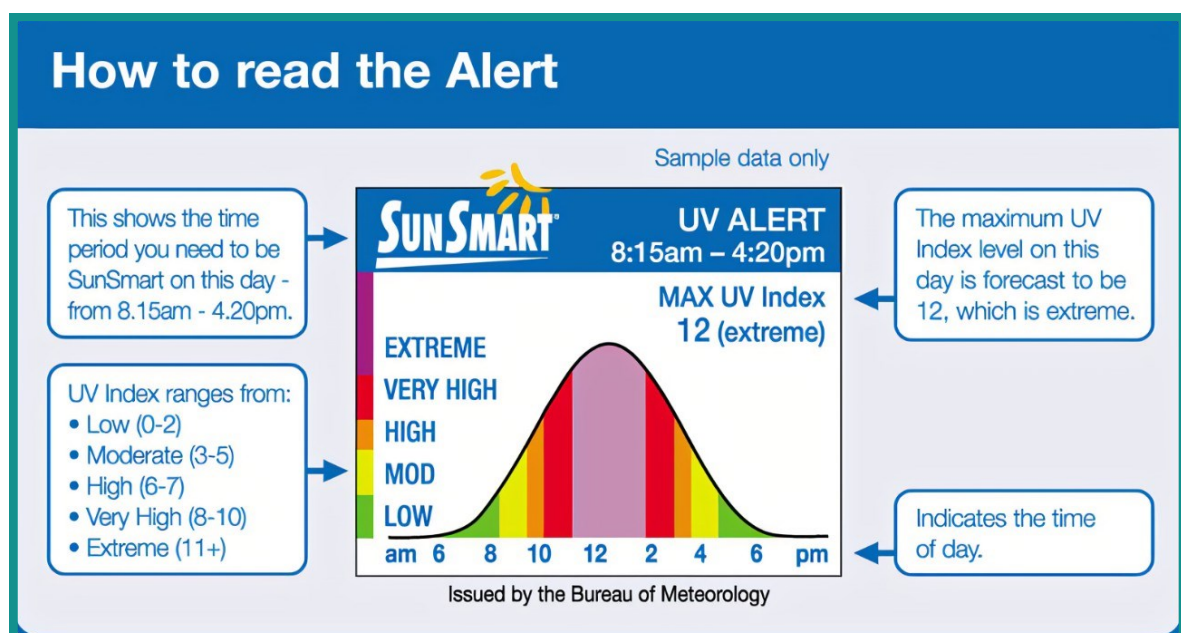
Sunscreen

- It is advised that prior to coming to preschool that children have broad spectrum sunscreen applied.
- Sunscreen will be reapplied at lunch time.
- At bush kindy sunscreen is available for parents to apply at drop off time.

This policy has been developed in accordance to occupational health and safety requirements.



UV Index (BOM 2022).



SunSmart UV Alert (BOM 2022).