

Sun Protection Policy

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 in their lifetime.

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 usually below in May, June and July and above 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 to August as they still may be 3 or above depending on your location. Cancer Council SA also recommends that particular care should be taken during these months 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 Andrews Farm Community Preschool skin protection policy are to promote among children, educators 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. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above.

The purpose of the policy is to ensure that all members of Andrews Farm Community Preschool are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all educators, children and parents of Andrews Farm Community 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.
 - Whenever possible, all outdoor activities will be set up in shaded areas and the children will be encouraged to seek shaded areas for play and experience.
- 2 Use the shade of trees, verandah and shade sails whenever outdoors.
 - Tree planting will be organised at the service with consideration given to any open space grassed area
 - Provision of shaded areas is considered to be sufficient at this stage
 - Further provision of shaded areas is always considered for future development
- 3 Wear appropriate clothing which protects the skin.
 - Children, educators and parents will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat (bucket hat must have a deep crown and minimum 6 cms brim) for outside activities. Children not wearing an appropriate hat will be expected to play in the shade.
 - Children will be encouraged to wear appropriate sun protective clothing eg: shirts with collars and at least elbow length sleeves and longer style shorts/skirts.
- 4 Apply a broad-spectrum, water resistant sunscreen with an SPF of 50+ to clean, dry skin, 15—20 minutes before going outdoors. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time or more frequently if involved in water activities or perspiring.
 - Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.
 - Parents will be encouraged to apply sunscreen to their children before they attend their daily session.
 - For full day children, educators will assist children to apply sunscreen prior to lunch for the PM outdoor play.
- 5 Reinforcing the SunSmart message in all preschool activities and procedures is an important strategy in skin protection behaviours.
 - Educators will be encouraged to role model appropriate SunSmart strategies.
 - Skin protection cancer prevention and vitamin D will be included in appropriate teaching activities.
 - Educators will be encouraged to keep up to date with new information and resources from Cancer Council SA.
 - Information about the centre's SunSmart Policy will be given to all new educators, children and families. (newsletters, posters)
- 6 Andrews Farm Community Preschool skin protection policy will be evaluated on a regular basis.
 - Policy issues will be discussed at educator and Governing Council meetings, where new information will also be taken into consideration.

For more information please don't hesitate to contact:

Cancer Council Helpline 13 11 20

Or visit our website on:

www.sunsmart.org.au