

# **BRAHMA LODGE KINDERGARTEN - 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 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 everyday 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. 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 Brahma Lodge Kindergarten'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. 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 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 Brahma Lodge Kindergarten 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 Whenever possible, all outdoor activities will be scheduled before 10.00 am and after 3.00 pm or in the shaded areas of the service.
2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
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 (provided on enrolment and left at kindy each day) whenever they are involved in outside activities.
  - 3.2 Children will be encouraged to wear shirts with collars and at least elbow length sleeves and longer style shorts/skirts.
4. Parents are encouraged to apply a broad-spectrum, water resistant sunscreen to their child.
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.
6. Information about the centre's SunSmart Policy will be given to all new staff, students and families.
7. The Brahma Lodge Kindergarten's skin protection policy' will be evaluated on a two yearly basis.