



Skin 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 every day from August 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 August until 30 April and when UV radiation levels are 3 and above in May. It is highly recommended that UV radiation levels are monitored, particularly during May 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 during peak UV times of the day, 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 July 31st, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

Aims

The aims of the Dover 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 (e.g. putting up sunshades)

Implementation

This policy is for implementation during Terms 1, 3 and 4. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above in May.

The purpose of the policy is to ensure that all members of our kindergarten are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, students and parents of Dover 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 during the peak UV times of the day when UV radiation levels are highest.

- 1.1 Children's middle group time and lunch time will help to minimise their exposure to UV radiation in the middle of the day. Sunscreen will also be reapplied then.
- 1.2 Whenever possible, all outdoor activities in the shaded areas of the site during Terms 1, 3 and 4 in particular.

2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.

- 2.1 The sandpit and play equipment areas are a priority for shade structure planning
- 2.2 The further provision of shade areas is a priority for the service.
- 2.3 Children will be encouraged to use available areas of shade for play.

3. Wear appropriate clothing which protects the skin.

- 3.1 Children, staff and parents volunteering at kindergarten 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 5 cm brim for children under 5 years of age and 6 cms for older children and adults) whenever they are involved in outside activities during Terms 1, 3 and 4. Children not wearing an appropriate hat during Terms 1, 3 and 4 will be expected to play inside.
- 3.2 Children will be expected to wear shirts with longer style sleeves, collars or higher necklines and longer style shorts, dresses and skirts.

4. Sunscreen application

- 4.1 Children are expected to have sunscreen applied at home, for sun protection during the morning. Apply a broad-spectrum, water resistant sunscreen with an SPF of 30 or higher to clean, dry skin
- 4.2 Adequate time (15-20 minutes) must be allowed for correct application of sunscreen on children before they go outdoors.
- 4.3 Sunscreen will be re-applied every 2 hours when outdoors during Terms 1, 3 and 4 when the UV is 3 and above.

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 and visitors will be encouraged to role model appropriate SunSmart strategies in outdoor service activities including wearing hats, sun protective clothing, sunglasses, sunscreen and seeking shade.
- 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 Skin Protection Policy will be given to all new staff, students and families and will be supported through displays and centre activities.

6. The Dover Kindergarten 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 contact:-

- **Cancer Council Helpline 13 11 20**

Or visit the following website:-

- www.cancersa.org.au/

The staff at Dover Kindergarten thank you in advance for your support of this policy.