

# SKIN PROTECTION POLICY

## Elliston RSL Memorial Children's Centre 2018

"Sun exposure during childhood largely determines the likelihood of skin cancer later in life."

1. **The Skin Protection Policy** is implemented from the beginning of term 3(August) until the end of term 1(April) and when the UVR level is 3 and above at other times. Staff may check the UVR level each morning.
2. **Hat wearing by children.** All children must wear a broad brimmed hat whenever outdoors during the months from the beginning of September until the end of April and when the UVR level is 3 and above outside these times.
3. **Babies** (under the age of 12 months) should be kept out of the direct sunlight as much as possible and always be protected by shade, clothing and hats. This is to apply at Playgroup. The use of sunscreen is to be at the discretion of the parent.
4. **Shade Use.** Staff to use available areas of shade for outdoor activities as much as possible.
5. **No Hat –No Outdoor Play.** Children who do not have an appropriate hat or clothing with them must play indoors.
6. **Clothing.** Children and staff are expected to wear clothing that covers as much skin as possible including tops with collars and elbow length sleeves and longer style shorts, skirts and dresses. Clothing is to be loose fitting to keep children cool and made of closely woven material. Singlet tops, tank tops or dresses with shoe string straps are not suitable as they do not protect the skin.
7. **Timing.** If extremely hot children must play indoors out of the heat. Outdoor excursions are held either early or later in the day to avoid the heat and to also avoid peak UV times of the day.
8. **Staff and parents as Role Models.** Staff and parents to act as positive role models by routinely practising Sun Smart behaviours including wearing appropriate hat, sunscreen, seeking shade and clothing when involved in centre activities outdoors.
9. **Sunscreen.** Parents are asked to supply an SPF 30 or higher broad spectrum sunscreen, water resistant from home for their children's use. Staff will apply 15-20 min before going outdoors and will reapply every 2 hours during outdoor activities. Sunscreen will be named and stored in children's lockers. Parents are responsible for checking the expiry date and supplying new sunscreen when it has run out. Adequate time will be allowed for correct application of sunscreen on children before they go outdoors.
10. **Information.** Appropriate information on skin protection is included in the children's programming – display of posters, discussions, storybooks, songs, poems and finger plays, games and play experiences (imaginative play).
11. **Promotion.** Sun Smart behaviour is regularly reinforced and promoted to the whole community via newsletters and at parent meetings, and all families and staff members are informed of the policy.
12. **Shade.** The Centre's grounds have a lot of shade with the trees, and the built shade structures. This is to be maintained and audited regularly.
13. **Review.** This policy is to be reviewed every year by monitoring the Centre's compliance with its policy and making suggestions for improvement.

Approved: 23 February, 2018

Signed: Chairperson & Director