



## Hallett Cove Preschool Skin Protection Policy

### Rationale:

Australia has the highest incidence of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative overexposure to ultraviolet (UV) radiation from the sun. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing in later life.

Cancer Council SA advises that people protect their skin at times when the UV radiation level is 3 and above.

Cancer Council SA recommends that a skin protection policy be in place from 1 August until 30 April when UV radiation levels are always 3 and above. It is recommended that UV levels continue to be monitored throughout May when there will be some days when the UV will be 3 and above and sun protection will be required.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development, so during May to July when the UV is below 3, sun protection for most people is not necessary.

### Aims:

The aims of the Hallett Cove Preschool 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
- Personal responsibility for and decision making about skin protection

### Implementation:

This policy is for implementation from 1 August to 30 April and whenever the UV rating is 3 and above.

It is an expectation that all staff, children and parents at our centre will use the following skin protection strategies:

- Take care to protect the skin when the UV level is 3 and above
- Whenever possible, activities will be in the shaded areas of the centre
- Wear appropriate clothing which protects the skin. This includes tops with collars to protect the neck, elbow length sleeves to protect arms and longer-style shorts/dresses/skirts to protect legs.
- Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat or bucket hat whenever they are involved in outside activities.
- Children not wearing an appropriate hat will be expected to play under the verandah or inside.
- Parents will be encouraged to apply SPF30+ broad spectrum, water resistant sunscreen before children arrive in the morning and as close to session start time, to provide maximum protection for the 2 hours that sunscreen provides UV protection, or reapplication every 2 hours will be required., especially during water activities or extended play.
- A SPF 30 + broad- spectrum, water resistant sunscreen, provided by the centre will be applied by the children after lunch and 15 – 20 minutes before going outdoors.(ie. Before quiet time)
- Parents may supply their own named sunscreen which must be handed to a staff member
- Staff, families and visitors to the preschool will be encouraged to role model appropriate SunSmart strategies in all activities when onsite
- SunSmart strategies will be included in age-appropriate teaching activities
- SunSmart strategies will be promoted to the Preschool community via newsletters and displays.
- Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA
- Information about the centre's skin protection policy will be given to all new families and staff

Reviewed by Sunsmart Team , staff and Governing Council - 23/05/2017

Endorsed by Governing Council Representative.....

To be reviewed in 2 years

NQS Area 2 "Children's Health and Safety  
Standard 2.3 Regulation 168 (2) (a) (ii)