



# Madison Park 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 every day 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 **Madison Park Kindergarten 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. Babies under 12 months need special consideration—see strategy 5.

It is an expectation that all staff, students and parents of Madison Park Kindergarten will use the following skin protection strategies:

**1 Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible.** (Extra care should be taken between 10.00 am and 3.00 pm when UV radiation levels are highest.)

**1.1** Outdoor activities will be set up in shaded areas throughout the year

**1.2** On days when the forecast temperature is 35° and over the children will have access to the outdoor area before 10am only.

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

**2.1** Students are encouraged to use available areas of shade when outside. The sandpit and shaded equipment area to be a priority for play during Terms 1 and 4 and when the UV levels are expect to be above 3.

**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 (bucket hat must have a deep crown and minimum 5 cm brim) whenever they are involved in outside activities. Hats should be free of choking hazards such cords that do not have a quick release (Corded hats cannot be worn at Kindergarten and the risks will be discussed with families – an alternative hat will be lent to the child for the day.)

**3.2** Children will be encouraged to wear appropriate sun protective clothes e.g. clothes with sleeves, collars and longer style shorts/skirts.

**3.3** Children who do not have appropriate hats or clothing are asked to stay in the shade or a suitable area protected from the sun.

**4 Apply a broad-spectrum, water resistant sunscreen with an SPF of 50+ to clean, dry skin, 15—20 minutes before going outdoors for lunch or activities.**

**4.1** Parents should apply sunscreen to their children before coming to Kindergarten

**4.2** Parents are welcome to use the preschools sunscreen upon arrival if they have forgotten to apply it at home

**4.3** Children staying for full days will have additional sunscreen applied at lunchtime in first and fourth terms or on days when the UV levels are above 3.

**4.4** On days when the temperature is over 35°, children will remain indoors after lunch and sunscreen will not be applied.

**4.5** Children who refuse to apply sunscreen or do not have parent approval for sunscreen to be applied will be asked to remain indoors or in shaded areas, when the UV levels are above 3.

**5 Reinforcing the Sun Smart 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 Sun Smart strategies.

**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 Sun Smart Policy will be given to all new staff, students and families.

Policy Reviewed: November 2023	Policy Endorsed by Governing Council	Policy to be reviewed by: November 2026
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