



## Meningie Kindergarten Skin Protection Policy

Australia has one of the highest incidence of skin cancer in the world, and at least two out of every three people will be diagnosed with some form of skin cancer before aged 70. It is estimated that 95-99% of skin cancers are caused by overexposure to UV radiation, and can therefore be prevented by adequately protecting the skin when the UV Index is 3 and above. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

### Aims

- All staff promote safety for all children in line with our Skin Protection Policy
- To develop a positive attitude towards skin protection.
- Assist children to be responsible for their own skin protection.
- The policy is in place with the aim of reducing skin damage and future skin cancer risk.

### Procedures

At Meningie Kindergarten our procedures are

- Our Skin Protection Policy is in place from the beginning of August until the end on April. This is during Term 1, 3 and 4 or when the UVR Level is greater than 3 at other times.
- Each morning staff/children will check the UVR rating and sun safe hours on the Sunsmart App
- All students and staff wear a sun safe hat (broad brim, bucket or legionnaire type) when outdoors. Caps do not protect the face, neck or ears and are not a suitable alternative. To prevent risk of choking there should be no hats with cords attached.
- SPF 30 or higher broad spectrum, water resistant sunscreen will be applied 20 minutes before going outside, and reapplied 2 hourly if remaining outdoors for an extended period .
- When outside, children are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, closely woven fabric is recommended. Tops with collars and elbow length sleeves, and longer style shorts and skirts are best. Children wearing a singlet top or dress, are required to wear a t-shirt/shirt over the top before going outside.
- 'No hat no play outside play' Children without suitable clothing or hat will be directed back inside or asked to play in the shade..
- This policy is included in the induction booklet for new families when enrolling.
- As part of WHS UV risk controls and role modelling, when the UV Index is 3 and above staff will wear sun protective hats, clothing and sunglasses and apply SPF 30 or higher broad spectrum, water resistant sunscreen when outside, and seek shade whenever possible.

## **Curriculum**

At Meningie Kindergarten staff will

- Encourage and educate children as to how to apply sunscreen to the body. Support will be provided by adults.
- Educate children on the importance of wearing hats and sunscreen with the aim to protect their skin from sunburn and skin cancers.
- Aim to educate where ever possible about skin protection.

## **Learning Environment**

At Meningie Kindergarten staff will

- Take sun protection advice from Cancer Council SA and implement through our Skin Protection Policy.
- Have SPF 30 + broad spectrum water resistant sunscreen available.
- Conduct activities in the shaded areas of the yard.
- Communicate with parents regarding skin protection information as necessary through newsletters and through the enrolment processes.
- Encourage parents or visitors participating in outdoor activities to use role modelling behaviour and wear sun protective hats.

## **Allergies or exemption from using sunscreen**

-If a child has a reaction to the sunscreen provided by the kindergarten, families are to provide a suitable SPF 30 or higher, broad spectrum sunscreen from home.

Families who wish to opt out of using sunscreen for non-medical reasons are to provide the kindergarten with signed consent for their child to not wear sunscreen. These children are to wear covered clothing (broad brimmed, bucket or legionnaire hats, tops with wrist length sleeves and collars, and ankle length trousers, skirts and dresses during Terms 1, 3 and 4 and at other times when the UV is 3 and above.

\*\* medical reasons for not using sunscreen may include children with naturally very dark skin who have been advised by their GP/paediatrician to not use sunscreen, or children who may have been advised by a dermatologist/GP due to reactions.

## **Hot Weather**

- In hot weather students are to be directed to play in shaded areas
- Provide heating and cooling equipment to maintain a comfortable temperature for the children.
- Have rest and relaxation time to enable children to cool and calm down.
- Provide fresh clean tap water which is available at all times and children are encouraged to drink water regularly through the day.
- Provide a comfortable and safe environment for children.