

Mitcham Village Kindergarten

SUN PROTECTION POLICY

RATIONALE

Australia has the highest rate of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun with much of the damage occurring during childhood and adolescence.

Sun exposure in the first 10 years of life has a significant impact on the lifetime risk of developing skin cancer.

Ultraviolet radiation (UVR) is the part of the sunlight that causes damage to skin. When the UVR level is 3 or above it is strong enough to damage unprotected skin. In South Australia, UVR levels are generally 3 and above from the beginning of August until the end of April making this the most important time for skin protection.

UVR and temperature does not correlate - there can be high UVR levels on cool, cloudy days.

POLICY STATEMENT

The purpose of this policy is to provide appropriate controls to safeguard all users of the centre. These controls aim to:

- Promote positive attitudes towards skin protection.
- Ensure that all children attending the centre are protected from skin damage caused by harmful ultraviolet radiation from the sun.
- Raise awareness of the potential damage that exposure to the sun can cause, in particular between 10am to 2pm.
- Encourage personal responsibility for skin protection.

This policy is for implementation from August to end of April. UVR will also be monitored throughout May to July as there still may be days that have UVR levels of 3 (moderate) or above.

STRATEGIES

It is an expectation that all staff, students and parents that use the centre take care to protect their skin when the UVR level is 3 (moderate) and above. **Extra care should be taken between 10am and 2pm when UVR levels are at their highest.**

The following skin protection strategies to be applied from August to April:

CHILDREN

Hats

- Children will be encouraged to wear either a broad brimmed, legionnaire or bucket style hat.
- Children not wearing an appropriate hat can play indoors, play under the verandah or wear a suitable hat provided by the centre.
- Baseball caps and visors do not offer adequate sun protection to the back of the neck and ears and must not be worn.

Clothing

- It is recommended that children wear clothing that provides adequate sun protection i.e. shirts with collars and elbow length sleeves and longer style shorts/skirts.

Sunscreen

- Children should have a broad-spectrum water resistant sunscreen with an SPF of 30+ applied to their clean, dry skin 15 – 20 minutes before they go outside.
- For those children attending for a whole day, a broad-spectrum water resistant sunscreen with an SPF of 30+ will be applied prior to the afternoon session. Children who have a skin allergy will need to be provided with a suitable broad-spectrum water resistant sunscreen with an SPF of 30+ for application to their child in the afternoon.
- Children will be encouraged to apply their own sunscreen under supervision.

STAFF

- Staff to act as role models by wearing protective hats, appropriate protective clothing and applying SPF 30+ broad spectrum water resistant sunscreen, both at the centre and whilst participating in excursions.
- Outdoor activities to be set-up in shaded areas of the centre to avoid direct sun between 10am and 3pm.
- Program changes may occur to minimise outdoor exposure during peak UVR times. In extreme conditions, children may be required to remain indoors.
- Information relating to the importance of skin protection to be included within the curriculum.
- Staff to keep abreast of information and utilise resources provided by the Cancer Council of South Australia.

PARENTS

- Parents will be made aware of their responsibilities in regard to the Sun Protection Policy upon enrolment of their child.
- Parents will be reminded of appropriate skin protection strategies through displays and newsletters.

- Parents to be encouraged to act as role models by wearing protective hats, appropriate protective clothing and applying SPF 30+ broad spectrum water resistant sunscreen, both at the centre and whilst participating in excursions.
- Parents will be encouraged to apply sunscreen to their child before they arrive at kindergarten for either the morning or afternoon session.
- Parents will be encouraged to provide suitable sun protective clothing for their child.

CENTRE MANAGEMENT

- Make shade provision a priority within forward planning.
- Ensure the provision of SPF 30+ broad spectrum water resistant sunscreen for use at the centre.
- Encourage staff, parents and volunteers to role model appropriate sun protection behaviours.
- Maintain membership of the Cancer Council of South Australia's Sun Smart Program.

CONCLUDING STATEMENT

This policy has been developed by the staff team in consultation with parents and the Governing Council.

This policy will be reviewed and evaluated regularly by both staff and the Governing Council and modified as required to ensure continued relevance for the centre.

This policy was endorsed by the Governing Council on:

Date: 2 March 2016

Chairperson: Sarah Mortellaro

Director: Janice Williams.....

Policy review date

Policy review date.....

Policy review date.....

Resources:

The Cancer Council South Australia, 2016