



Skin Protection Policy

POLICY STATEMENT:

Cancer Council SA recommends that a skin protection policy be fully implemented when the ultraviolet radiation (UVR) level is 3 and above which, in South Australia, is primarily from the beginning of September until the end of April. Skin protection should also be considered if the centre is involved in an all-day outdoor activity, on a clear sunny day from May to August, when UV levels could still be 3 or above. It is not necessary to wear hats and sunscreen during winter months (May-August) when the UV is below 3.

“Safe” sun exposure for the production of vitamin D-particularly over the winter months is vital for healthy bone development.

The Department of Education and Child Development is committed to providing and maintaining a safe and healthy environment for its employees, children and visitors. This will be achieved through an effective preventative approach to the management of exposure to UV radiation and the sun.

Our centre supports ‘Safe Skin Protection Practice’ that promotes positive attitudes towards skin protection and an awareness of lifestyle practices to help reduce the incidence of skin cancer for children, staff and parents.

Implementation

This policy is for implementation from the start of Term 4 to the end of Term 1 the following year. 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.

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

- Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above. Extra care should be taken between 10.00 am and 3.00 pm when UV radiation levels are highest.
- Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
- Wear appropriate clothing which protects the skin.

- 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 for children under 5 years of age and 6 cms for older children and adults) whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade.
- Children will be encouraged to wear shirts that cover the shoulder area and at least elbow length sleeves and longer style shorts/skirts.
- Apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 15—20 minutes before going outdoors. Sunscreen should be reapplied every two hours.
- Parents will be encouraged to supply sunscreen on their children before coming to kindy, sunscreen will also be available at kindy for staff/parents to apply.
- Sunscreen will be applied before the children's morning outdoor activities and again before they go outside in the afternoon at times between 10.00 am and 3.00 pm or when the UV is 3 and above.
- Staff will be encouraged to role model appropriate skin protection strategies.
- Skin cancer prevention will be included in appropriate teaching activities.
- 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 staff, students and families.
Moonta Kindergartens skin protection policy' will be evaluated on a two yearly basis.
Policy issues will be discussed at staff and parent meetings.

For more information please don't hesitate to contact:

- Cancer Council Helpline 13 11 20

Review date: Term 4 2020.