
SKIN PROTECTION POLICY

Rationale

Australia has the highest incidence of skin cancer in the world, with one out of every two people developing some form of skin cancer in their lifetime.

There are four factors, often occurring simultaneously, which contribute to these statistics:

1. The population is predominately fair-skinned,
2. Ultraviolet radiation from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For many years social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school and recreational habits expose people to the sun over long periods. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescent. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

Early childhood services are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the services' community to use effective skin protection.

Aims

The aims of Pennington Children's Centre Skin Protection Policy are to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices which can 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 exposure to the sun.

Implementation

This policy is to be implemented throughout the whole year. 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. All members of the Pennington Children's Centre will be strongly encouraged to use the following skin protection strategies:

SHADE

- Take particular care if in the direct sun between the hours of 10am & 3pm.
- Wherever possible, outdoor activity sessions will be held in shaded areas.
- The children's group times and snack times are held indoors or in shaded areas to avoid sun exposure.
- Use the shade of trees, pergolas, umbrellas and verandas whenever possible outdoors.

CLOTHING

- All children are encouraged to wear appropriate clothing which protects the skin and minimises heat gain.
- During Terms 1 & 4, all children, staff, volunteers and parents should wear broad brimmed or legionnaire style hats 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 with collars, sleeves and longer style skirts and shorts.
- Staff are expected to be diligent models in their sun protection behaviour through wearing appropriate clothing and hats.

SUNSCREEN

- Parents are encouraged to apply sunscreen to their child before they come to kindergarten so that their skin is protected against the sun when travelling to kindergarten and when playing outdoors.
- A supply of SPF 30+ broad spectrum sunscreen is available for families to apply to their own child. Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.
- Children will be encouraged and supported to reapply sunscreen before they go outside in the afternoon in Terms 1 & 4.
- sunscreen will be supplied for families and children to use.

The Pennington Children's Centre Skin Protection Policy will be evaluated on an ongoing basis and reviewed annually.

This policy has been ratified by the Pennington Kindergarten Governing Council in October 2017.

This policy will be reviewed in October 2019 or when circumstances related to the programme warrant an earlier review.