

TITLE Sun Protection Policy

RATIONALE

Australia has the highest incidence of skin cancer in the world, with 1 out of every 2 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 predominantly 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 recreation habits expose people to the sun for long periods.

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

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.

OBJECTIVES

The aims of the Pinnaroo Kindergarten Skin Protection Policy are to promote among children, staff and parents:

1. Positive attitudes towards skin protection.
2. Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
3. Personal responsibility for and decision making about skin protection.
4. Awareness of the need for environmental changes in our centre to reduce the level of exposure to the sun.
5. Awareness of the importance of 'safe' sun exposure – particularly over the winter months – for healthy bone development.



IMPLEMENTATION

This Policy is for implementation for the whole year.

- Staff and families may access the SunSmart UV Alert (at <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>) for local sun protection times to assist with the implementation of this policy and as a curriculum resource. When the UV radiation levels are 3 and above, sun protection practices will apply. When UV radiation levels are below 3, no sun protection need take place to achieve enough sun exposure to maintain adequate vitamin D levels.

SUN PROTECTION PRACTICES APPLY from 1 September to 30 April

**At any other time of the year, staff will check UV rating
and consider use of hats, sunscreen or shade accordingly.**

All members of and visitors to the Pinnaroo Kindergarten will be strongly encouraged to use the following skin protection strategies:

1. Avoid being in the direct sun between the sun protection hours indicated on the SunSmart UV Alert
 - All outdoor activity sessions will be held in shaded areas.
 - The children's lunch, rest time and indoor activities will be held during peak UVR sun protection times and extra care will be taken during peak UV radiation times if outdoor activities must occur.
2. Use the shade of trees, pergolas and other shade structures whenever outdoors.
 - Tree-logging in the forest area is completed as required to maintain lush foliage for the following summer period
 - The provision of shade areas remains a priority for the service and the service will provide adequate sun-protected areas in the form of trees or shade structures.
3. Wear appropriate clothing which protects the skin.
 - Children, staff and parents will be expected to wear a broad-brimmed or legionnaire style hat (this does not include baseball caps) whenever they are involved in outside activities. Hats should NOT have toggles or straps under the chin for safety reasons. Children not wearing an appropriate hat will be expected to play under the pergola or the UV protected shade cloth over the sandpit.
 - Children will be encouraged to wear shirts and dresses with sleeves and collars and longer-style shorts, skirts or dresses.
4. Liberally apply a broad spectrum, water resistant sunscreen with an SPF of 30+ to clean dry skin upon arrival at the Kindergarten and/or 15-20 minutes prior to going outdoors. Reapply sunscreen every 2 hours if outdoors for long periods of time, or more frequently if involved in water play or perspiring.
 - Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.
 - Parents will be encouraged to apply sunscreen on their children prior to arriving at Kindergarten.
 - Sunscreen will be applied before the children's morning outdoor activities (If not applied by parent) and again 20 minutes before they go outside in the afternoon.
 - Children are encouraged to apply their own sunscreen under the supervision of staff.

5. Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.
- Staff will be encouraged to role model appropriate Sun Smart strategies in all service activities including the wearing of appropriate hats and clothes and application of sunscreen.
 - Skin cancer prevention, sun exposure and vitamin D information will be included in age-appropriate teaching activities, reinforced and promoted to the whole community(via newsletters, bulletin boards).
 - Staff will be encouraged to keep up to date with new information and resources through contact with Cancer Council SA's Cancer Prevention Team.

RESPONSIBILITIES

Staff	>Role-model and teach appropriate sun safe practices. >Provide sunscreen and encourage application between 1 st September and 30 th April and at any other time when the UV levels are 3 and above.
Parents	Provide their child with an appropriate broad-brimmed or legionnaire style hat Apply sunscreen before arriving at Kindy, or immediately upon arrival Read the Sun Protection Policy and role model SunSmart behaviours

REVIEW AND MONITORING

The Skin Protection Policy will be evaluated on an ongoing basis and reviewed at least every 3 years to ensure the policy remains current and relevant. Policy issues will be discussed at staff and Governing Council meetings.

Next Review - September 2019

RELEVANT RESOURCES

- **SunSmart UV Alert:** available as a free SunSmart app, online via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget> in the weather section of newspapers, or as a free widget to place on your website. The sun protection times show when the UV is forecast to be 3 or above.
- **Be SunSmart, Play SunSmart** by Anne Stonehouse Includes suggested play experiences to help encourage children to play the SunSmart way and incorporates concepts from the new learning and development frameworks. https://www.cancersa.org.au/assets/images/pdfs/Be_SunSmart_Play_SunSmart.pdf
- **Create your own SunSmart poster:** online SunSmart poster templates where children choose the scene, text, upload an image of their own face to place into the scene and print off their very own poster with them as the SunSmart star. There are sun protection, vitamin D and snow posters to choose from www.sunsmartposter.com.au
- **Creating effective shade:** This online shade audit tool allows you to assess whether the existing shade at your service is adequate. It also helps you develop a list of practical recommendations to improve shade <http://www.sunsmart.com.au/shade-audit/>
- **A range of resources for early childhood services** is available at <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/early-childhood-centres>