



PORT PIRIE COMMUNITY KINDERGARTEN

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SKIN PROTECTION PROCEDURES

Rationale

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life. Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above—this is when it is strong enough to cause damage to unprotected skin.

For much of South Australia, UV radiation levels are 3 and above every day from September to April—it is during these months that sun protection is necessary. Cancer Council SA recommends that a skin protection policy be in place from 1 September until 30 April when UV radiation levels are 3 and above. In terms 2 and 3, the UV rating in our area is currently less than 3.

Cancer Council SA also recommends that particular care should be taken during these months between 10.00 am – 3.00 pm, when the UV radiation levels are at their highest. It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to August, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

Aims

The aims of the 'Port Pirie Community Kindergarten' skin protection policy' are to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help 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 sun exposure when the UV radiation level is 3 and above.

Implementation

It is an expectation that all staff, students and parents of Port Pirie Community Kindergarten will use the following skin protection/'Sunsmart' 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.

- Outdoor play will be cancelled if weather conditions are deemed inappropriate by staff on the day e.g. temperature above 38 degrees, high humidity or severe storms/winds. In the event of air conditioner or a power failure and the forecast is over 38 degrees, parents will be encouraged to keep children at home in the afternoon.
- Whenever possible outdoor activities will be set up in shaded areas, especially during terms 1 and 4. Staff will maximize the use of shade by moving portable play equipment as the shade moves during the day on a hot day.
- The further provision of shade areas will remain a priority for the service.
- **During terms 1 and 4** Staff (Including volunteers) and children will wear appropriate clothing which protects the skin. This includes broad brimmed or legionnaire style hats, shirts with collars and sleeves - Children not wearing an appropriate hat or 'singlet tops' will be expected to play indoors or under the verandah.
- The application of a broad-spectrum, water resistant sunscreen with an SPF of 50+ to clean, dry skin, 15—20 minutes before going outdoors after lunch.
- Parents will be encouraged to apply sunscreen for their children in the morning. They will be encouraged to supply special cream if the child is unable to use the sunscreen available at the service. Permission for staff to re-apply sunscreen will be gained on enrolment.

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 SunSmart strategies in all service activities such as:

- 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 "Sunsmart" Cancer Council SA.
- Information about the centre's SunSmart Policy will be given to all new staff, students and families.
- The Port Pirie Community Kindergarten skin protection policy will be evaluated on a yearly basis.
- Parents/Carers will be informed if any action is necessary in relation to their child and this policy e.g: not wearing appropriate sunsmart top



Hot weather hazard: Burns from rubber play surfaces (and other items)

If an adult cannot comfortably hold their hand on a surface for a slow count of five, it is not a safe surface for children to play on.

During warmer weather, such testing should be conducted by a staff member before each play session.