

# Blakeview Preschool Skin Protection Policy



## **Rationale:**

Too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest incidence of skin cancer in the world with two out of every three people diagnosed with some form of skin cancer before they are 70. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Our skin protection policy is followed from 1 August until 30 April and when UV radiation levels are 3 and above at other times. UV levels are monitored daily in the preschool. The children use the SunSmart app daily during large group time to determine the days UV levels, and risk. They then use this data to determine the level of skin protection required for the day.

## **Aim:**

The aim of the Blakeview Preschool skin protection policy is to ensure that all children and staff are protected from damaging level of UV radiation from the sun.

- Children are encouraged to be aware of the UV rating for the day, and this is a part of the morning routine in the preschool
- Staff assist children to be responsible for their own skin protection
- Families are informed of the Skin Protection Policy
- Children and staff use a combination of sun protection measures whenever the UV rating is 3 or above

## **Implementation:**

- There are sufficient numbers of shelters and trees providing shade in the preschool yard
- Children are encouraged to use available shade when outside
- Children who do not have appropriate outdoor clothing or hats are asked to play under shelter
- When outside children are required to wear loose fitting clothing that covers as much skin as possible. Tops with collars and elbow length sleeves, and longer style shorts and skirts are best. If a child is wearing a singlet top or dress, they are required to wear a t-shirt/shirt over the top before going outdoors.
- Children and staff wear a broad brim, bucket or legionnaire style hat when outside. Baseball caps are not acceptable as they do not offer enough protection

- Hats are required to be worn outside between 1<sup>st</sup> August and 30<sup>th</sup> April, and when UV levels are 3 and above at other times. A reminder note is given to parents of children who forget to bring a hat or are wearing non- sunsmart hats
- Parents are requested to apply a SPF 30 or higher broad-spectrum, water resistant sunscreen before arrival in the morning. Sunscreen will be reapplied 20 minutes before going outdoors at lunch time, and reapplied 2 hourly if remaining outdoors for an extended period. Sunscreen is available in the mornings for parents who may have forgotten to apply at home.
- Care is taken during peak UV radiation times and where possible outdoor activities are scheduled outside of these times.
- Age appropriate information on sun protection is included in daily routines and the children's programming and curriculum
- As part of WHS UV risk controls and role modelling, staff are required to wear sun protective hat, clothing, sunscreen, sunglasses and seeking shade.
- Visitors and parents are encouraged to model SunSmart behaviours when participating in or attending activities with the preschool.
- Families are provided with information on skin protection and SunSmart behaviours through newsletters, noticeboards and the preschool Facebook page.

This policy will be reviewed every two years and revised when needed to ensure the information remains current and relevant.

Created: April 2018

Endorsed: May 18<sup>th</sup> 2018

Reviewed:9<sup>th</sup> March 2021

To be reviewed: May 2023