



Sun Protection Policy

Rationale

Australia has one of the highest incidences of skin cancer in the world, with 2 out of every 3 people developing some form of skin cancer in their lifetime.

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. Much of the damage occurs during childhood and adolescence.

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 South Australia, UV radiation levels are usually only below 3 in May, June and July.

Cancer Council SA recommends that a skin protection policy be in place during terms 1, 3 and 4 and at other times of the year when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are also monitored from May to July as they still may be 3 or above. Particular care should be taken when UV levels are extreme.

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 July, at times when the UV radiation level is below 3, sun protection is not necessary and hats can be removed and no sunscreen applied.

Related Policy Hot weather policy

Aims

The aims of the Salisbury Heights Preschool 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 exposure to the sun when the UV radiation level is 3 and above.

Implementation

This policy is for implementation during terms 1, 3 and 4. Outside of this time care should also be taken when the ultraviolet radiation level is 3 and above.

The purpose of the policy is to ensure that all members of our preschool are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all educators, children and parents of Salisbury Heights Preschool will use the following skin protection strategies:

- 1. Avoid being in the direct sun when UV radiation levels are 3 and above.**
 - 1.1. Outdoor activities will be set up in shaded areas and children will be encouraged to seek shaded areas for play and activities
 - 1.2. Use the shade of trees, verandahs and pergolas when outside
 - 1.3. The provision of shaded areas is considered to be sufficient at this stage but will be considered as part of the planning process for any future developments.
 - 1.4. Extra care will be taken during peak UV radiation times and outdoor activities will be scheduled outside of these times where possible

2. Wear appropriate clothing and hats which protects the skin

- 2.1. Children, educators and parents will be expected to wear a broad brimmed, legionnaire or bucket hat (with at least 6cm brim and a deep crown) whenever they are involved in outside activities. Children without a hat (as above) will be able to borrow a hat from the preschool or play inside.
- 2.2. Children are encouraged to wear appropriate sun protective clothing eg clothes with elbow-length sleeves, collars, longer style shorts/skirts etc. Children with inappropriate clothing (eg singlet tops or sleeveless dress) will be able to borrow a t-shirt from the preschool or play inside.
- 2.3. Use of sunglasses which meet the appropriate standards is also encouraged.

3. Use a SPF 30+broad spectrum, water resistant sunscreen, 20 minutes before going outdoors

- 1.1 Educators will assist children to apply sunscreen before snack time in the morning and after lunch on full days of preschool. For the shorter session on Fridays sunscreen will be applied before snack time. Thus children are protected by sunscreen in the times they are playing outside. These practices will ensure sunscreen is applied 20 minutes before going outside and children will be outside for less than 2 hours at a time.

4. Reinforce the Sun-Smart message in all preschool activities and procedures and promote to families

- 4.1. Educators and visitors will role model appropriate Sun Smart strategies.
- 4.2. Skin protection, cancer prevention and vitamin D, will be included in appropriate teaching activities.
- 4.3. Educators will be encouraged to keep up to date with new information and resources from Cancer Council SA.
- 4.4. Information about the centre's Sun Smart Policy will be given to all educators and families (via newsletters, bulletin boards, etc.)
- 4.5. When enrolling their child families will be informed of our Skin Protection Policy, asked to provide a suitable hat and clothing and required to give permission for educators to apply sunscreen to their child.

5. This policy will be reviewed and evaluated on a regular basis (at least every 3 years)

- 5.1. Policy issues will be discussed at educator and governing council meetings.
- 5.2. New information in relation to skin protection will be taken into consideration at the time of reviewing the policy so the policy is current and relevant.