



Settlers Farm Campus Kindergarten SKIN PROTECTION POLICY

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 to 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 August 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 August until 30 April when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are monitored during May to July as they still may be 3 or above depending on your location. Particular care should be taken during August to April over the middle of the day, 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.

Objectives:

This SunSmart policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- provide a safe outdoor environment that ensures children and staff have sufficient shade and access to adequate sun protected areas.
- ensure all children and staff have some UV radiation exposure for vitamin D
- assist children to be responsible for their own sun protection
- ensure families and new staff are informed of the centre's SunSmart Policy.

Implementation:

This policy is for implementation for all year long. The purpose of the policy is to ensure that all members of Settlers Farm Campus Kindergarten (SFCK) are protected from skin damage caused by the harmful rays of the sun. When the UV is below 3, staff and children are encouraged to head outdoors without sun protection for vitamin D.

It is an expectation that all staff, children and volunteers of SFCK will use the following skin protection strategies:

- 1 Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above.

- 1.1 The daily UV rating and the sun protection times will be available on the notice board.
 - 1.2 When UV levels are 3 and above, all outdoor activities will be scheduled in the shaded areas of the kindergarten. The sandpit and verandah are 100% shaded.
- 2 Use available shade whenever outdoors when UV levels are 3 and above.
- 3 Wear appropriate clothing which protects the skin.
 - 3.1 Children, staff and volunteers will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat whenever they are involved in outside activities, between *1st August to the 30th April*, and when UV levels are 3 and above at other times. Children who do not have appropriate hats are asked to play in a suitable area fully protected from the sun. A reminder note will be given to parents of children who forget to bring a hat or are wearing a non-sunsmart hat, e.g. cap, beanie, hoodie.
 - 3.2 When outside, children are encouraged to wear loose fitting clothing that covers as much skin as possible, e.g. no singlets, muscle/tank tops, or shoe string strap dresses/tops. Tops with collars or higher necklines and elbow-length sleeves, along with longer style shorts, dresses and skirts are preferred. A reminder note will be given to parents of children who attend in non-sunsmart clothing. Spare sunsmart clothing will be available at the kindergarten for children to wear outside on days when UV is 3 and above.
- 4 The kindergarten to provide broad-spectrum, water resistant sunscreen with an SPF of 30 or higher, for children to apply to clean, dry skin at least 20 minutes before going outdoors for activities, between *1st August to the 30th April* and reapplied every 2 hours when outdoors, and more often during water activities.
 - 4.1 Parents will be responsible for applying sunscreen to their child before kindergarten, and there will be sunscreen available at the kindy.
 - 4.2 Staff will monitor the expiry date of sunscreen and discard when out of date and keep it in a place protected from heat.
- 5 Reinforcing the SunSmart message in the learning program. Kindy activities and in general kindy procedures are an important strategy in the adoption of skin protection behaviours.
 - 5.1 Sun protection is incorporated into the learning and development program
 - 5.2 The SunSmart policy is reinforced through staff and children's activities and displays
 - 5.3 Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards, and the centre's website and Facebook page.
 - 5.4 For WH&S staff, parents and visitors are encouraged to role model sun protection practices when involved in outdoor centre activities including

wearing a suitable hat, sun protective clothing, sunscreen, sunglasses and seeking shade.

- 6 The 'Settlers Farm Campus Kindergarten's Skin Protection Policy' will be evaluated on a regular basis (at least every three years by Cancer Council SA's SunSmart Team) to ensure the policy remains current and relevant.

6.1 Policy issues will be discussed at staff and parent meetings (Governing Council).

National Quality Standards:

This SunSmart policy and procedures link to:

Quality area 2: Children's health and safety.

There are also links to:

Quality area 1: Educational program and practice

Quality area 3: Physical environment

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

Quality area 7: Leadership and service management

For more information please don't hesitate to contact:

Settlers Farm Campus Kindergarten 8280 6188

For further information:

Cancer Council Helpline 13 11 20

or visit their website on:

<https://www.cancersa.org.au/cut-my-risk/sunsmart/early-childhood-centres>

Reference:

Sunsmart early childhood policy guidelines, Updated by Cancer Council SA, April 2016

Created: 1st February 2012

Ratified: 14th March 2012

Reviewed: 4th June 2014

Endorsed: 18th June 2014

Reviewed: 4th May 2016

Reviewed: 5 April 2017

Endorsed: 24th May 2017

To be reviewed: 2020