



KLEMZIG KINDERGARTEN

SUN PROTECTION POLICY

Klemzig Kindergarten

Nurture ■ Growth ■ Excellence

Australia has one of the highest incidence of skin cancer in the world, with 2 out of every 3 people developing some form of cancer in their lifetime. Skin damage, including skin cancer, is the result of cumulative exposure to the sun, and much of this damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore preventable. The purpose of this policy is to ensure that all children and educators at the kindergarten are protected from skin damage caused by the harmful ultraviolet radiation rays of the sun, while still acknowledging the benefits of sunlight and Vitamin D for healthy development and growth.

Goal

- To promote among children, educators and parents:
- Positive attitudes towards skin protection
- Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths, personal responsibility for and decision making about skin protection. The following skin care strategies will be strongly encouraged:
- The use of clothing that protects the skin, including tops with collars and covered shoulders including elbow-length sleeves and longer-style shorts/skirts/dresses.
- Children are to have a sun-protective hat in their kindergarten bag at all times.
- That children and educators wear a broad rimmed (no toggles, cords or drawstrings etc. under chin of hat due to are choking hazard) or legionnaire style hat whenever they are outside between August 1st and April 30th.
- Children who do not have a hat will be required to play inside or on the verandah.
- During the days between 1st May and 31 July hats are not required (unless the UV rating is 3 or above). This is a good time to get some vitamin D, vital for the development and maintenance of strong, healthy bones.
- Use the shade of the trees, pergolas, shade sails whenever possible outdoors when the UV is 3 or above.
- Staff will use their discretion about the time spend outside when the UV radiation level are peaking (over the middle of the day) and staff will reschedule outdoor activities outside of this time, where possible.

Expectations:

- Parents are expected to apply SPF30+ broad spectrum, water resistant sunscreen to clean, dry skin prior to arriving at the kindergarten on every day during 1 August to 30 April and any other day of the year when the UVR levels is forecast to be 3 or above.
- Staff will support children and assist where needed to apply sunscreen 20 minutes prior to going outdoors at any time when at the centre.
- Staff will reapply sunscreen 2 hrs after initial application, so children are well protected before going outdoors as they approach the middle of the day (e.g. 11am-2pm) when the UV levels are at their highest.
- Sunscreen will be applied after lunch i.e. 20 minutes prior to going outdoors in the afternoon.
- Adequate time must be allowed for correct application and absorption of sunscreen on children before they go outdoors (this is approximately 20 minutes)

- Parents will supply SPF 30+ broad spectrum, water resistant sunscreen if their child cannot wear the sunscreen provided by the Preschool.
- Staff are to model Sun Smart behaviours including wearing of hats and applying sunscreen and families and visitors are encouraged to do likewise.
- SunSmart behaviour is regularly reinforced and promoted to the whole community (via newsletters, bulletin boards) and all new families and staff are informed of the policy.
- Age appropriate information on skin protection is included in children's programming.
- The centre will continue to evaluate and provide adequate sun-protected areas.
- This policy is reviewed regularly (at least every three years) to ensure the policy remains current and relevant.

SOURCED: Cancer Council SA – www.cancersa.org.au

Healthy SA – www.healthysa.sa.gov.au

Reviewed: (March 2017)