



Waikerie Children's Centre
16 Marks Tce
Waikerie SA 5330
Ph: 8541 2692 Fax: 8541 3126

SUN SMART SKIN PROTECTION POLICY

Rationale

Australia has the highest incidence of skin cancer in the world, with 2 out of every 3 people developing some form of skin cancer before they are 70.

There are factors that contribute to these statistics:

1. The population is predominantly fair skinned.
2. Ultraviolet radiation from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For many years, social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school and recreational habits expose people to the sun for long periods. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the 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.

Early childhood services are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the services' community to use effective skin protection.

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first ten years of life is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels which is essential for healthy bones and muscles and for general health.

Aims and Objectives

The aims and objectives of this 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. Promotion of the UV rating 3 and above and the importance of wearing a hat and body's vitamin D requirements
- Awareness of the need for environmental changes in our centre to reduce the level of exposure to the sun in the limited time that children are using the centre.
- Encourage children to be aware of their own skin type and get vitamin D through natural sunlight exposure in the winter months of May to August and when the UV Radiation level is rated 3 and above whilst they are not attending the centre
- Ensure families and new staff are informed of the centre's SunSmart Policy.

Legislation: This policy relates to the following National Law and Regulations:

- *Education and Care Services National Law Act 2010*: ⁰⁰ Section 167 – Protection from harm and hazards
- *Education and Care Services National Regulations 2011*: ⁰⁰ Regulation 100 – Risk assessment must be conducted before excursion
- ⁰⁰ Regulation 113 – Outdoor space–natural environment
- ⁰⁰ Regulation 114 – Outdoor space–shade
- ⁰⁰ Regulation 168: Policies and procedures (2)(a)(ii)–sun protection

National Quality Standards

All of the following SunSmart 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

Implementation

This sun protection policy is for implementation from 1st September to 30th April and whenever UV radiation levels reach 3 or above at other times and not just terms one and four.

All other times children will be encouraged to wear hats as a centre practice.

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

All members of the Waikerie Children's Centre will be strongly encouraged to use the following skin protection strategies: This policy applies to all centre events on and off-site.

1. EDUCATION

Quality area 1: Educational program and practice

Quality area 5: Relationships with children

Quality area 6: Collaborative partnerships with families and communities

Take care when being in the direct sun between the hours of 10am and 2pm (normal time) and 11am and 3pm (daylight saving) when ultraviolet radiation levels are 3 and above. Whenever possible, all activities will be conducted indoors or in the shaded areas of the service during this time.

Walking excursions will take place in the morning or when the forecast daily temperature is 30C or below and all participants will wear a hat and take water bottles.

Sun protection and vitamin D information is incorporated and reinforced into the learning and development program, activities and displays.

Staff will be encouraged to keep up to date with new information and resources through contact with the Cancer Council SA website, Sunsmart UV alerts and the Sunsmart app.

Staff and families are provided with information on sun protection and vitamin D through family newsletters, centre handbook, noticeboards and the centre's website.

2. CLOTHING Quality Area 2: Children's Health & Safety

Parents are to provide appropriate loose fitting clothing which protects the skin.

Children will wear shirts with sleeve length midway between elbow and shoulder (available at the centre). Children and staff will be encouraged to wear shirts with collars and longer style shorts/skirts. If a child is wearing singlet top or dress the centre will put a t-shirt/shirt over the top before going outdoors.

Children not complying with the above conditions will be limited to inside activities or on the shaded verandah.

3. HATS Quality Area 2: Children's Health & Safety

Children, staff and parents will be expected to wear a hat that protects their face, neck and ears, ie bucket or broad-brimmed style hat whenever they are involved in outside activities.

Staff will provide a "loan hat" for children who need to go outside as part of the curriculum (eg. exercises, walk) and this will be laundered by the site after use.

4. SUNSCREEN Quality Area 2: Children's Health & Safety

Liberal apply a water resistant, broad-spectrum or sensitive sunscreen with a minimum SPF of 30+ to clean, dry skin, 15-20 minutes before going outdoors.

Reapply sunscreen every two hours if outdoors for a prolonged period of time, or more frequently if involved with water play or perspiring.

Parents will be encouraged to apply sunscreen to their children, although there will be bulk sunscreen packs available at the service.

Children, once old enough, are encouraged to apply their own sunscreen under the supervision of staff.

Parents have a choice to provide sensitive or alternative sunscreen for staff to apply.

5. SHADE Quality Area 2: Children's health & Safety, Quality Area 3: Physical Environment

Management makes sure there is a sufficient number of shelters and trees providing shade in the outdoor area.

The availability of shade is considered when planning excursions and all other outdoor activities

Use of available areas of shade when outside (trees, tents, umbrellas)

Children who do not have appropriate hats or outdoor clothing are asked to play in the shade, under the verandah or inside.

Tree planting will be an ongoing event, with priority given to the open space grassed area.

All windows exposed to direct sunlight will be appropriately shaded.

The further provision of shade areas is a priority for the service

6. INFANTS Quality Area 2: Children's health and safety

Babies' skin is thinner than adults' skin; it is extremely sensitive and can burn easily.

Babies can be at risk of sunburn even if they are in the shade, so staff will make sure they are covered up when under the shade.

Parents will be expected to choose a hat that protects the baby's face, neck and ears such as a soft legionnaire or bucket style hat, with a flap at the back that will crumple easily when they put their head down.

Infants who are kept out of the direct sun or well protected from UV radiation by clothing, hats and shade, need only have sunscreen applied occasionally in very small amounts on their exposed skin. All babies under twelve months are kept out of the direct sun when UV level Radiation levels are 3 and above.

7. ENROLMENT AND FAMILY INFORMATION Quality area 6: Collaborative partnerships with families and communities

When enrolling their child, families are:

informed of the centre's SunSmart policy and asked to provide a suitable hat for their child

asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible (i.e. covering the shoulders, chest, upper arms and legs)

required to give permission for staff to apply sunscreen to their child

families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, shade, sunglasses and sunscreen) when attending the centre.

8. STAFF WHS AND ROLE MODELLING Quality Area 5: Relationships with children and Quality area 2: Children's Health & Safety

In hot weather and extreme heat children and staff will be encouraged to drink plenty of water and stay in the shade or remain indoors.

Staff will wear sun protective hats, clothing and sunglasses when outside. Staff will be encouraged to role model appropriate SunSmart strategies in all service activities.

This Sunsmart Policy will be given to all new staff, students and families. Additional information can be sourced from www.sunsmart.org.au

9. POLICY REVIEW :Quality Area 7: Leadership and service management

The Waikerie Children's Centre skin protection policy will be evaluated on a two yearly basis and will be discussed at staff and parent meetings.

Updated August 2020

Review due Aug 2022

SOURCED FROM:

www.cancersa.org.au/sunsmart –Sun Protection
Cancer Council SA,

Cancer Council Helpline 13 11 20