



## Strathalbyn Kindergarten and Outreach

### Skin Protection Policy

#### **Background Information**

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 the likelihood of skin cancer developing later in life. Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above.

This policy is based on guidelines from the Cancer Council of South Australia. Through this policy we aim to promote to children, families and staff:

- Personal responsibility for and decision making about skin protection
- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin cancer and related deaths

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

#### **Implementation**

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. We will also ensure all children and educators have some UV radiation exposure for vitamin D. It is anticipated that all educators, children and parents at Strathalbyn Kindergarten will use the following skin protection strategies:

- During terms 1 and 4 children and educators must wear a broad brimmed hat, or a bucket hat (bucket hat must have a deep crown and minimum 5 cm brim for children under 5 years of age) and sunscreen will be applied.

Children not wearing an appropriate hat will be expected to play under the veranda or wear a spare hat.

- Each day in Terms 3 educators will check the UV rating and when it is over 3 children will wear hats and sunscreen will be applied. When the UV rating is consistently over 3 in the morning parents will be informed to apply sunscreen prior to kindergarten. Sunscreen is available at the site if required by parents. Child-care children will have sunscreen applied on arrival at kindergarten when the UV is over 3 as their morning application may need to be replenished. Educators will always apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 15–20 minutes before afternoon outside play.
- Hats need to be packed every day in Terms 1, 3 and 4. Children will be informed by educators when to wear them and there will be visual reminders.
- Adequate time must be allowed for correct application of sunscreen on children before they go outdoors. Children will be taught to apply their own sunscreen, where possible, so as to avoid cross infection risks and increase independence. Families of children who require their own specific sunscreen will be required to provide us with this for application.
- Clothing with protective sleeves must be worn. Children wearing sleeveless garments will be provided with a shirt to wear over their clothing during outside play.
- Educators will role model hat wearing and protective clothing. Educators will provide their own appropriate clothing and broad brimmed hats.
- Parents will be reminded of sunscreen application through signs, newsletters and children's learning experiences.
- Management ensures there is a sufficient number of shelters and trees providing shade in the outdoor area
- When the UV level is high/extreme experiences will be set up in shaded areas i.e. under trees, verandas, pergolas and shade structures and children will be encouraged to play in these spaces

- Reinforcing the Sun Smart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours. We will support this in the following way:
  1. Staff will be encouraged to role model appropriate SunSmart strategies in all service activities.
  2. Skin cancer prevention will be included within the curriculum
  3. Educators will be encouraged to keep up to date with new information and resources from Cancer Council SA.
  
- Planning of excursions will be made with consideration to shade and sun safe principles and a risk assessment will be prepared.
  
- On enrolment parents are made aware of the Skin Protection Policy and its requirements and will be asked to sign a permission slip allowing educators to apply sunscreen to their child.
  
- The Strathalbyn Kindergarten Skin Protection policy will be evaluated on a two yearly basis. Policy issues will be discussed at staff and Governing Council meetings.

#### References:

Cancer Council SA Sunsmart Program

DECD Inclement Weather and Sun Protection Procedure 2016

Education and Care Services National Regulations 2011:

- Regulation 100 - Risk assessment must be conducted before excursion
- Regulation 113 - Outdoor space-natural environment
- Regulation 114 - Outdoor space-shade
- Regulation 168: Policies and procedures (2)(a)(ii)-sun protection