



Flagstaff Oval 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 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 everyday from September to April- it is these months that sun protection is necessary.

Cancer Council SA recommends that a skin protection policy be in place from 1 September until 30 April when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are monitored, particularly during May and August as they may be 3 or above depending on location. Cancer Council also recommends that particular care should be taken during these months between 10.00am - 3.00pm, when the 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. During May to August, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

Aims

The aims of the **Flagstaff Oval Kindergarten Skin Protection Policy**, are to promote among children, staff and parents:

- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce incidences 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 sun exposure when the UV radiation level is 3 and above.

Implementation

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

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

It is expected that all staff, children and parents of **Flagstaff Oval Kindergarten**, will use the following skin protection strategies:

1 Take care to protect the skin when the ultraviolet radiation level is 3 and above. Extra care should be taken between 10.00am and 3.00pm when radiation levels are highest.

1.1 Children's lunch and indoor activities should be held between 10.00am and 3.00pm to minimise exposure to UV radiation in the middle of the day.

- 1.2 Outdoor activities will be early morning or in shaded areas of the kindergarten.
- 2 Use the shade of trees, pergolas, verandahs and shade structures.
 - 2.1 Tree planting will be organized at Flagstaff Oval Kindergarten on a regular basis.
 - 2.2 The sandpit and play equipment area will be a priority area for maintain quality, safe shade structures.
 - 2.3 The further provision of shade areas is a priority for planning at Flagstaff Oval Kindergarten.
- 3 Wear appropriate clothing which protects the skin.
 - 3.1 Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hats or a bucket hat whenever they are involved in outside activities. Children without hats will be asked to play on the verandah or inside.
 - 3.2 Children will be encouraged to wear shirts with collars, short sleeves (singlet tops and/ or strap dresses will be discouraged) longer shorts and skirts.
- 4 Apply a broad spectrum, water resistant sunscreen with SPF of 30+ to clean, dry skin, 15 - 20 minutes before going outdoors for activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time or more frequently if involved in water activities.
 - 4.1 Time is to be allowed for correct application of sunscreen on children before they go outside.
 - 4.2 Parents will be encouraged to apply sunscreen for their children although there will be bulk sunscreen packs available at kindergarten.
 - 4.3 Sunscreen will be applied before the children go outside in the afternoon.
- 5 Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.
 - 5.1 Staff will be encouraged to role model appropriate SunSmart strategies in all service activities.
 - 5.2 Skin cancer prevention will be included in appropriate learning activities.
 - 5.3 Staff will be encouraged to keep up to date with new information/resources from Cancer Council SA
 - 5.4 Information about the centre's SunSmart Policy will be given to all new staff, students and families.
- 6 The **Flagstaff Oval Kindergarten** skin protection policy will be evaluated on a two yearly basis.
 - 6.1 Policy issues will be discussed at staff and parent meetings.

Further information can be found at: **Cancer Council Helpline 13 11 20**

Or visit the website www.sunsmart.org.au