



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

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. It is anticipated that all staff, students and parents of Meadows and Districts Kindergarten will use the following skin protection strategies:

- UV levels will be checked on the internet at the beginning of each session. A visual symbol on the back door will indicate to the children if they need to wear a hat.
- Snacks and lunches will be eaten indoors or in shaded areas when the UV is 3+.

- When the UV level is 3+ children will be encouraged to play in shaded areas and experiences will be set up there i.e. under trees, verandas, pergolas and shade structures.
- The further provision of shade areas is a consideration for the service.
- We will wear appropriate clothing which protects the skin. Children, staff and parents will be expected to 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) whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play under the veranda or wear a spare hat.
- Children will be encouraged to wear shirts with collars and sleeves. Children wearing sleeveless garments will be provided with a shirt to wear over their clothing during outside play.
- Staff will role model hat wearing. Staff will provide their own appropriate clothing and broad brimmed hats.
- Sunscreen will be applied when the UV rating is greater than 3. Parents are asked to apply sunscreen before arrival at the centre or they can use our sunscreen here. Staff will apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 15–20 minutes before afternoon outside play. 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. Families of children who require their own specific sunscreen will provide us with this for application.
- 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. Staff 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 sunsafe principles.
 - When children are enrolled parents are made aware of the Skin Protection Policy and its requirements. Our centre will promote the Sun Smart message through newsletters and activities. When children are enrolled, a permission slip needs to be signed by the enrolling parent as to whether staff can apply sunscreen to their child.
 - The Meadows and Districts 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