

Sun Protection Policy

Aim

To create an awareness of the impact of unprotected sun exposure especially when the ultra-violet (UV) radiation level is 3 and above as well as fostering lifestyle practices and a responsibility among both children, families and the staff about the importance of protecting the skin from damage caused by overexposure to harmful UV rays of the sun.

Australia has one of the highest rates of skin cancer in the world, with at least two in three Australians being diagnosed with skin cancer before aged 70. Melanoma is the most common cancer in Australians aged 12-24 years, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk. UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat. UV levels are determined by a number of factors including angle of the earth to the sun, but are unrelated to temperature and UV levels can be high even on cool and cloudy days. Damage from UV radiation is cumulative and irreversible.

Implementation

- In line with the Department for Education requirements and SunSmart guidelines, this policy is for active implementation from 1 August to 30 April, and whenever the ultraviolet (UV) radiation levels are 3 and above at other times.
- Educators are encouraged to access the *SunSmart* app, www.myuv.com.au or <http://www.bom.gov.au/sa/uv> to find out daily sun protection times to assist with the implementation of this policy.
- Sun protection is not required when the UV is below 3, to assist with vitamin D production. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency. Families are encouraged to apply sunscreen before kindy, educators re-apply sunscreen in the middle of the day.

Strategies

1. Take care to protect the skin when the ultraviolet radiation level is 3 and above.

- Extra care will be taken between the peak UV times of the day when UV radiation levels are 3 and above.
- The children's lunch, rest time and indoor activities will be held inside during the peak UV times of the day to minimise exposure to UV radiation in the middle of the day.
- Whenever possible, all outdoor activities will be scheduled outside of the peak UV times or in the shaded areas of the service.

- The daily UV level will be discussed with the children and displayed by the sign-in sheets in the veranda each day
- 2. Maximise on the use of shaded spaces like the veranda, pergola space in the back garden, sandpit area and climbing area.**
 - When UV radiation levels are 3 and above, children will be encouraged to direct their outdoor play to the above-mentioned shaded areas as far as possible.
 - 3. Wear appropriate clothing that protects the skin.**
 - Children, educators and parent volunteers will be expected to wear a broad brimmed hat, legionnaire style 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 or no hat at all will be expected to play in the shade or indoors.
 - When outdoors, children are required to clothing that covers as much skin as possible. Tops with collars and at least elbow length sleeves and longer style shorts/skirts are recommended. Children wearing singlet tops or dresses will be required to wear a shirt or t-shirt over the top before going outdoors.
 - Apply a broad-spectrum, water resistant sunscreen with an SPF of 30 or higher to clean, dry skin, 20 minutes before going outdoors. .
 - Parents will be encouraged to apply sunscreen for their children prior to dropping them off at the kindergarten. There will be sunscreen available at the centre for parents to use.
 - Sunscreen will be re-applied by educators approximately every 2 hours or more frequently if perspiring or involved in water play.
 - 4. Reinforcing the SunSmart message (Slip, Slop, Slap, Seek and Slide) in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.**

Slip - on cool, loose fitting clothing that covers as much skin as possible

Slop - on SPF 30 or higher broad spectrum, water resistant sunscreen

Slap - on a hat that shades your face, neck and ears.

Seek – shade

Slide – on wraparound sunglasses, that comply with Australian standards AS/NZS1067:2016

- Educators will be required while parents and visitors will be encouraged to role model appropriate *SunSmart* strategies in all service activities including appropriate clothing, wearing sunscreen, wearing a broad brimmed, bucket or legionnaire hat, seeking shade and wearing sunglasses.
- Age appropriate information on skin protection will be included within the curriculum.
- Skin cancer prevention will be included in appropriate teaching activities.
- Educators will be encouraged to keep up to date with new information and resources from *Cancer Council SA*.
- Information about the Kindergarten's *Skin Protection Policy* is available on the centre's website for staff and families to access at all times.
- If a child has a skin allergy, the parent of the child is asked to provide appropriate sunscreen for their child that is clearly labelled, separate from the sunscreen provided by the centre for all other children.
- Families will be required to give permission for educators to apply sunscreen to their child at the time of enrolment.

Source

Adapted from *Cancer Council SA's Sun Protection Policy for Early Childhood Centres*.

Review

This policy will be reviewed on a 3 yearly basis by the kindergarten staff and the Governing Council.

Date Reviewed: October 2021

Review Date: October 2024