PEK-P01: SKIN PROTECTION POLICY

1. 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. For much of South Australia, UV radiation levels are 3 and above everyday from September to April—it is during these months that sun protection is necessary. This policy is based on guidelines from the Cancer Council of South Australia.

2. Purpose

To ensure that everyone involved in our service is protected from skin damage caused by the sun, while allowing sufficient exposure to Vitamin D for healthy bone development. In accordance with Cancer Council SA guidelines, our policy uses UV Level 3+ as the level at which sun protection is required.

3. Implementation & Management

In order to promote awareness of Sun Smart strategies and management, it is an expectation that all staff, students and parents of Port Elliot Kindergarten will use the following skin protection strategies:

a. We will avoid playing in the sun when the UV level is at 3+. UV levels will be checked on the Australian Government Bureau of Meteorology website (www.bom.gov.au/weather/uv) at the beginning of each session.

b. Activities in the sun will be programmed for times when the UV level is below 3. Extra care will be taken between 10.00 am and 3.00 pm when UV radiation levels are highest.

c. When the UV level is 3+ children will be encouraged to play in shaded areas i.e. under trees, verandas, pergolas and shade structures. Props and equipment will be moved under shade where possible.

d. The further provision of shade areas is a consideration for the service.

e. We will wear appropriate clothing which protects the skin.
f. 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.

g. 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.

h. Staff will role model hat wearing. Staff will provide their own appropriate clothing and broad brimmed hats.

i. Sunscreen will be applied during the months of September to April and on days when the UV rating is greater than 3 outside this period. Parents are asked to apply sunscreen to children before arrival at the Kindergarten or they can use the sunscreen available at Kindergarten. 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. Sunscreen will be reapplied every three hours [as recommended on our sunscreen] or if outdoors for a prolonged period of time, or more frequently if involved in water activities or perspiring. 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. If for some reason a child cannot wear sunscreen s/he will be required to cover up with a long-sleeved top with collar and long pants and hat.

j. Reinforcing the Sun Smart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviour.

k. Staff will be encouraged to role model appropriate SunSmart strategies in all service activities.

l. Skin cancer prevention will be included in appropriate teaching activities.

m. Staff will be encouraged to keep up to date with new information and resources from the Cancer Council SA.

n. Planning of excursions will be made with consideration to shade and sun safe principles.

o. When children are enrolled parents will be made aware of the Sun Protection Policy and its requirements. The Kindergarten 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. Children with skin sensitivities will need to supply their own sunscreen.
4. References & Useful Links

- Cancer Council SA (www.cancersa.org.au)
- Le Fevre Kindergarten Sun Protection Policy Statement