



National Quality Standard – 6.1

Regulation: 168 (2) (k)

Related Key Regulations: 160,161,162,177

Sun Smart 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 all 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 every day from September to April - it is during these months that sun protection is necessary.

Cancer Council SA recommends that a skin protection policy be in place from August 1st to April 30th when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are monitored, particularly during May as they still may be 3 or above. 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.

The purpose of this policy is to ensure that all members of the Barmera Kindergarten are protected from skin damage caused by the harmful rays of the sun.

Aims:

The aims of the Barmera Kindergarten skin protection policy are to promote among children, staff and parents

- ◆ Positive attitudes towards skin protection
- ◆ Lifestyle practices which can help reduce the incidence 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:

It is an expectation that all staff, children, parents and volunteers of the Barmera Kindergarten will use the following skin protection strategies.

1. Take care to protect the skin when UV radiation level is 3 or above. Extra care will be taken between 10.00 a.m. and 3 p.m. when UV radiation levels are highest

- Children's lunch, rest time and indoor activity time, will be held between 10.00a.m. and 3.00 p.m. to minimise exposure to UV radiation in the middle of the day. Walking excursions will be dependent on current temperature (max 33C) and all participants will wear hats.



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- Whenever possible all outdoor activities will be scheduled before 10.00a.m. or be situated in shaded areas of the service.

2. Use shade of trees, verandah, pergola, whenever outdoors.

- The sandpit, swings, play activity areas are a priority for shade structure planning
- Further provision of shaded areas is a priority for this centre and is a budgeted area.

3. Wear appropriate clothing which protects the skin.

- Children, staff, volunteers and other participants are expected to wear a bucket hat, a broad brimmed hat or legionnaire style hat whenever they are involved in outdoor activities. Children not wearing an appropriate hat will be expected to play in the shade.
- Children will be encouraged to wear shirts with collars and at least elbow length sleeves and longer style shorts / skirts.

4. Apply a broad spectrum sunscreen with an SPF of at least 30 + to clean dry skin, 15 - 20 minutes before going outdoors, for after lunch activities.

- Parents / care providers to ensure application of sunscreen before children arrive at kindergarten. (Teaching children to apply sunscreen safely is a required skill).
- Adequate supervised time at kindergarten will be allowed for correct application of sunscreen after children's lunch break.
- We encourage you to supply sunscreen for your children to use at kindergarten, bearing in mind some children are allergic to various brands. There will be bulk sunscreen available at kindergarten. Please inform staff if your child is allergic to sunscreen.

5. Reinforce the sunscreen message continually as a curriculum focus and daily routines. This will assist all in adoption of skin protection behaviours.

- Staff will role model appropriate Sun Smart strategies in all service activities.
- Skin cancer prevention will be included in appropriate teaching activities.
- Staff will be encouraged to keep up to date with new information and resources from the Cancer Council SA.
- Information about the centre's Sun Smart Policy will be given to all new staff, students, volunteers and families.

6. Monitor UV Radiation levels throughout the year.

- Staff will monitor the UV radiation levels forecast for each day throughout the year to ensure maximum skin protection for all. This includes between 1st May and 30th July when UV levels fluctuate.

7. The Barmera Kindergarten SunSmart Policy will be evaluated on a three (3) yearly basis.

- Policy issues will be discussed at staff and Parent meetings.

For more information please don't hesitate to contact a staff member or a member of the Governing Council or visit the Cancer Council website on: www.sunsmart.org.au