



Barmera Kindergarten

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National Quality Standard – 6.1

Regulation: 168 (2) (k)

Related Key Regulations: 160,161,162,177

Skin Protection Policy

Rationale:

Australia has the highest incidence of skin cancer in the world with two out of every three people being diagnosed with skin cancer before they are 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.

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 the start of August to the end of April, which is when sun protection is necessary.

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 earth to the sun time of day and time of year, but not temperature, and UV levels can be high even on cool and cloudy days. Damage from UV radiation is cumulative and irreversible.

In line with the Department for Education and Cancer Council SA SunSmart guidelines, this policy is in place from August 1st to April 30th and whenever UV radiation levels are 3 and above at other times. It is highly recommended that UV radiation levels are monitored, 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, June and July, at times when the UV radiation level is below 3, sun protection 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
- ◆ Assist children to be responsible for their own skin protection
- ◆ Work towards a safe outdoor environment that provides shade for children and staff at appropriate times.
- ◆ Ensure families and new staff are informed of the kindergarten's skin protection policy.

Implementation:

It is an expectation that all staff, children, parents and volunteers of the Barmera Kindergarten will use the following skin protection strategies, from August 1st to April 30th, and whenever the UV is 3 and above at other times.

1. Outdoor activities will be scheduled outside of peak UV times of the day, where possible.

- Children's lunch, rest time and indoor activity time, will be held outside of the peak UV times of the day, to minimise exposure to UV radiation. Walking excursions will be dependent on current temperature (max 33C) and all participants will wear hats, sun



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protective clothing and sunscreen.

- Whenever possible all outdoor activities will be scheduled outside of the peak UV times of the day 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.
- When outdoors children are required to wear loose fitting clothing that covers as much skin as possible. Shirts with collars and at least elbow length sleeves and longer style shorts/skirts are recommended. Children wearing singlet tops and dresses are required to wear a t-shirt or shirt over the top, before going outdoors.

4. Apply a broad spectrum sunscreen with an SPF of at least 30 + to clean dry skin, 20 minutes before going outdoors, during the daily sun protection times, and reapplied 2 hourly if remaining outdoors for an extended period.

- 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 before children go outdoors throughout the day.
- 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 SunSmart message continually as a curriculum focus and daily routines. This will assist all in adoption of skin protection behaviours.

- 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 Cancer Council SA.
- Information about the centre's Skin Protection Policy will be given to all new staff, students, volunteers and families.

6. Staff WHS and role modelling

- As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will wear sun protective hats, clothing and sunglasses, apply sunscreen, and where possible, seek shade whenever outdoors.

7. Monitor UV Radiation levels throughout the year.

- Staff will check the daily sun protection times and UV radiation levels each day throughout the year, via the SunSmart app, www.myuv.com.au or www.bom.gov.au to assist with implementing this policy. This includes between 1st May and 30th July when UV levels fluctuate.

8. The Barmera Kindergarten Skin Protection Policy will be evaluated on a two (2) 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 SA's SunSmart website on: www.sunsmart.org.au