ROXBYS DOWNS KINDERGARTEN

SKIN PROTECTION POLICY

Rational

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 10 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 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 everyday 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 1 September until 30 April when UV levels are 3 and above. It is highly recommended that UV radiation levels are monitored, particularly during May and August as they still may be 3 or above depending on your location. Cancer Council SA also recommends that particular care should be taken during these months between 10.00am – 3.00pm, when UV radiation levels are at their highest. 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 is below 3, sun protection for most people is not necessary.

Aims

The aims of the Roxby Downs 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 kindergarten to reduce the level of sun exposure when the UV radiation level is 3 and above.

Implementation

This policy is for implementation from 1 September to 30 April. Outside this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above. Sunhats are required to be worn by children and staff when outdoors throughout the year. The purpose of the policy is to ensure that all members of our kindergarten are protected from skin damage caused by the harmful rays of the sun. It is an expectation that all staff, children and parents of Roxby Downs Kindergarten will use the following skin protection strategies:

1. Take care to protect skin when the ultraviolet radiation level is 3 (moderate) and above. Extra care should be taken between 10.00am and 3.00pm when the radiation levels are highest. When ever possible, all outdoor activities will be scheduled in shaded areas of the service.
2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
3. Wear appropriate clothing which protects the skin. During Terms 1 and 4 children and staff will need to wear clothing that covers their shoulders when involved in outdoor activities. Children and staff will be expected to wear a hat whenever they are involved in outside activities all year round. Children not wearing a hat will be expected to play indoors.

4. Apply a broad-spectrum, water resistant sunscreen with a SPF of 30+ to clean, dry skin, 15-20 minutes before going outdoors. Sunscreen should be reapplied every 2 hours if outdoors for a prolonged period of time or more frequently if involved in water activities or perspiring. Parents will be encouraged to apply sunscreen to their child prior to commencing a session and then will be reapplied by staff before afternoon play (during Terms 1 and 4). A generic sunscreen suitable for children will be provided by the kindergarten for this purpose. Parents will need to provide for any specific sunscreen requirements their child may need.

5. Reinforcing the SunSmart message in all kindergarten activities and in general service procedures is an important strategy in the adaption of skin protection behaviours. Staff will be encouraged to model appropriate SunSmart 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 Cancer Council SA. Information about the kindergarten’s Sun Smart policy will be given to all new staff and families.

6. The Roxby Downs Kindergarten skin protection policy will be evaluated on a two yearly basis. Policy issues will be discussed at staff and parent meetings.

For more information:
Cancer Council helpline: 13 11 20
www.sunsmart.org.au

Dated: 20/7/2012