



## SKIN PROTECTION 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 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. At Agnes Goode Kindergarten our policy will apply for Terms 1 and 4. UV ratings will be monitored during September and May and if necessary children will be encouraged to wear their hats and apply sunscreen.

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.

### Aims

The aims of the Agnes Goode 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

This policy is for implementation of Terms 1 & 4. Outside of this time care should also be taken when the ultraviolet radiation level increases.

The purpose of the policy is to ensure that all members of Agnes Goode Kindergarten are protected from skin damage caused by the harmful rays of the sun. Babies under 12 months need special consideration. It is an expectation that all staff, students and parents of

Agnes Goode Kindergarten will use the following skin protection strategies:

1. Take care to protect the skin. Extra care should be taken between 11.00 am and 3.00 pm when UV radiation levels are highest. A daily UV Rating awareness sheet is completed by staff to advise families/children what the UV rating is for that particular day.
  - The children's relaxation, group time, lunch and rest time will be held between 11 am and 1 pm to minimise exposure to UV radiation. On days when the UV radiation is high we will be flexible with our routines and spend more time inside in the middle of the day.
  - When we are outside we will make use of the shade of trees, pergolas, shade sails and verandas for outside activities.
2. Wear appropriate clothing which protects the skin.
  - Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade.
  - Children will be encouraged to wear shirts with sleeves.
4. Adequate time must be allowed for correct application of sunscreen on children before they go outdoors after lunch.
  - Sunscreen will be supplied to the children for them to reapply before they resume afternoon activities. If you have any enquiries about sunscreen please speak to staff.

5. The special needs of babies:
  - Babies (under the age of 12 months) should be kept out of the direct sunlight as much as possible and always protected by shade, clothing and hats.
  - Sunscreen should be applied to small areas of exposed skin not protected by clothing and hats, where necessary.
6. Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.
  - Staff will be encouraged to role 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.
7. The Agnes Goode Kindergarten Skin Protection Policy will be evaluated on a yearly basis.
  - Policy issues will be discussed at Staff and Governing Council meetings.

Below are related documents for further information:-

Agnes Goode Kindergarten Hot Weather Policy and

<http://www.decd.sa.gov.au/docs/documents/1/InclementWeatherProc.pdf>

**REVIEWED: APRIL 2014**

**DATE FOR NEXT REVIEW: TERM 1 2016**

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