



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.

Cancer Council SA recommends that a skin protection policy be in place from 1 September until 30 April when UV radiation levels are 3 and above. As we are a sun smart centre we are required to apply sunscreen whenever the uv rating is 3 or above and children are required to wear their preschool legionnaire hats. 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 location. Cancer Council SA also recommends that particular care should be taken during these months between 10.00 am – 3.00 pm, when the 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.

Aims

The aims of the Nairne Preschool 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

The purpose of the policy is to ensure that all members of our Early Childhood Service are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all students and adults at Nairne Preschool will use the following skin protection strategies:

1. Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above. Extra care will be taken between 10.00 am and 3.00 pm when UV radiation levels are highest.
 - 1.1 The children's lunch and rest time will be indoors between 10.00 am and 3.00 pm to minimise exposure to UV radiation in the middle of the day.
 - 1.2 Whenever possible, outdoor activities will be scheduled before 10.00 am and after 3.00 pm or in the shaded areas of the service.
- 2 Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.
 - 2.1 Tree planting will be organised at the service with priority given to any open space grassed area.
 - 2.2 The sandpit and play equipment area to be a priority for shade structure planning
 - 2.3 The further provision of shade areas is a priority for the service.
- 3 Wear appropriate clothing which protects the skin.
 - 3.1 Children and adults will be expected to wear an appropriate sun protective hat. Children are given a legionnaire style hat that remains at the Centre so that they always have access to it whenever they are involved in outside activities.

- 3.2 Children will be required to, at least wear a t-shirt with sleeves and longer style shorts/skirts.

4 Apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 15—20 minutes before going outdoors for lunch or activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time or more frequently if involved in water activities or perspiring.

- 4.1 Adequate time must be allowed for correct application of sunscreen on children before they go outdoors.
- 4.2 Parents are asked to apply sunscreen before the children's arrival at preschool.
- 4.3 Sunscreen will be applied again before children go outside in the afternoon at times between 10.00 am and 3.00 pm or when the UV is 3 and above.

5. Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.

- 5.1 Staff are encouraged to role model appropriate Sunsmart strategies in all Centre activities.
- 5.2 Sunscreen will be applied to small areas of exposed skin not protected by clothing and hats, where necessary.

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

- 6.1 Newsletters and posters will be used to reinforce the message.
- 6.2 Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA.
- 6.3 Information about the centre's SunSmart Policy will be given to all new staff, students and families.

7 The Nairne Preschool skin protection policy will be evaluated on a two yearly basis.

- 7.1 Policy issues will be discussed at staff and parent meetings.