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 to 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 radiation 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. 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. 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 ‘Settlers Farm Campus Kindergarten’s Skin Protection Policy’ is to promote among children, staff and families:

- 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.

Implementation:

This policy is for implementation for all year long. The purpose of the policy is to ensure that all members of Settlers Farm Campus Kindergarten (SFCK) are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, children and volunteers of SFCK will use the following skin protection strategies:

1. Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above.
1.1 The daily UV rating and the sun protection times will be available on the notice board.

1.2 When UV levels are 3 and above, all outdoor activities will be scheduled in the shaded areas of the kindergarten. The sandpit and verandah are 100% shaded.

2 Use available shade whenever outdoors when UV levels are 3 and above.

3 Wear appropriate clothing which protects the skin.

3.1 Children, staff and volunteers will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat whenever they are involved in outside activities, between 1st September to the 30th April, and when UV levels are 3 and above at other times. Children without hats will remain protected from the sun – they can wear a spare hat available at the kindergarten. A reminder note will be given to parents of children who forget to bring a hat or are wearing a non-sunsmart hat, e.g. cap, beanie, hoodie.

3.2 Children will be encouraged to wear clothing that protects as much of the skin as possible e.g. no singlets, muscle/tank tops, or shoe string strap dresses/tops. A reminder note will be given to parents of children who attend in non-sunsmart clothing. Spare sunsmart clothing will be available at the kindergarten for children to wear outside on days when UV is 3 and above.

4 The kindergarten to provide broad-spectrum, water resistant sunscreen with an SPF of 30 or higher, for children to apply to clean, dry skin between 15—20 minutes before going outdoors for activities, between 1st September to the 30th April.

4.1 Parents will be responsible for applying sunscreen on their child before attending kindergarten, although there will be sunscreen available at the kindy.

4.2 Staff will monitor the expiry date of sunscreen and discard when out of date.

5 Reinforcing the SunSmart message in the learning program. Kindy activities and in general kindy procedures are an important strategy in the adoption of skin protection behaviours.

5.1 Staff and volunteers will be encouraged to role model appropriate SunSmart strategies in all kindy activities.

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

5.3 Staff will be encouraged to keep up to date with new information and resources from Cancer Council SA.

5.4 Information about the centre’s Skin Protection Policy will be given to all new staff, volunteers and families.
The ‘Settlers Farm Campus Kindergarten’s Skin Protection Policy’ will be evaluated on a two yearly basis.

6.1 Policy issues will be discussed at staff and parent meetings (Governing Council).

For more information please don’t hesitate to contact:

Settlers Farm Campus Kindergarten 8280 6188

For further information:
Cancer Council Helpline 13 11 20
or visit their website on:
www.cancersa.org.au/early-childhood

Reference:
Sunsmart early childhood policy guidelines, Updated by Cancer Council SA, October 2012

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