

Oakbank Kindergarten

Sunsmart Policy

BACKGROUND INFORMATION

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 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 policy is based on guidelines from the Cancer Council of South Australia. Through this policy we aim to promote to children, families and staff:

- Personal responsibility for and decision making about skin protection
- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin cancer and related deaths

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles and for general health.

IMPLEMENTATION

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. We will also ensure all children and educators have some UV radiation exposure for vitamin D. It is anticipated that all educators, children and parents at Oakbank Kindergarten will use the following skin protection strategies:

- During terms 1 and 4, children and educators must wear a broad brimmed hat, or a bucket hat (bucket hat must have a deep crown and minimum 5 cm brim for children under 5 years of age) and sunscreen will be applied. Baseball or peak caps are not considered a suitable alternative. Hats with cords are not allowed due to choking risks.
- In Term 2 hats do not need to be worn as recommended by the Cancer Council and supported by the Department for Education.
- Each day in Term 3 educators will check the UV rating and when it is over 3 children will wear hats and sunscreen will be applied. Educators will always apply a broad-spectrum, water resistant sunscreen with an SPF of 30+(minimum) to clean, dry skin, 15–20 minutes before morning and afternoon outside play.
- Hats need to be packed every day in Terms 1, 3 and 4. Children will be informed by educators when to wear them. Children not wearing an appropriate hat will be expected to play under the verandah or wear a spare hat. This will be named and worn only by that child and will be washed at the end of the week.
- Adequate time must be allowed for correct application of sunscreen on children before they go outdoors. Children will be taught to apply their own sunscreen, where possible, so as to avoid cross infection risks and increase independence. Families of children who require their own specific sunscreen will be required to provide us with this for application.
- Parents are asked to provide their child with suitable outdoor clothing that is cool and covers as much skin as possible. Clothing with protective sleeves must be worn and shirts with collars are recommended. Kindergarten t-shirts meeting sun safety requirements are available for purchase Children wearing sleeveless garments will be provided with a shirt to wear over their clothing during outside play.

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- Educators will role model hat wearing and protective clothing. Educators will provide their own appropriate clothing and broad brimmed hats.
- Management ensures there is a sufficient number of shelters and trees providing shade in the outdoor area
- When the UV level is high/extreme experiences will be set up in shaded areas i.e. under trees, verandahs, and pergolas and children will be encouraged to play in these spaces
- Reinforcing the Sun Smart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours. We will support this in the following way:
 1. Staff will be encouraged to role model appropriate SunSmart strategies in all service activities
 2. On enrolment parents are made aware of the Skin Protection Policy and its requirements and will be asked to sign a permission slip allowing educators to apply sunscreen to their child. Skin cancer prevention will be included within the curriculum
 3. Relief staff will be informed of the policy during induction
 4. Educators will be encouraged to keep up to date with new information and resources from Cancer Council SA
- Planning of excursions will be made with consideration to shade and sun safe principles and a risk assessment will be prepared.
- Families are provided with information on sun protection and vitamin D through family newsletters, texts, noticeboards and the centre's website.
- The Oakbank Kindergarten Sunsmart policy will be evaluated on a two yearly basis unless required beforehand. Policy issues will be discussed at staff and Governing Council meetings.

REFERENCES

Cancer Council SA Sunsmart Program

DECD Inclement Weather and Sun Protection Procedure 2016

Education and Care Services National Regulations 2011:

- ° Regulation 100 – Risk assessment must be conducted before excursion
- ° Regulation 113 – Outdoor space – natural environment
- ° Regulation 114 – Outdoor space – shade
- ° Regulation 168: Policies and procedures (2)(a)(ii) – sun protection

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