



## Woodend Children's Centre 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 from August 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 August until 30 April when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are monitored, particularly during May to July as they still may be 3 or above depending on your location. Daily reference to the SunSmart app can provide UV levels and daily sun protection times which indicate when the UV will be 3 and above.

Cancer Council SA also recommends that particular care should be taken over the middle of the day in August to April, 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 July, at times when the UV radiation level is below 3, sun protection for most people is not necessary and vitamin D can be absorbed from the sun over the middle of the day.

### Aims

The aims of the **Woodend Children's Centre 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.
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### Implementation

This policy is for implementation from 1 August to 30 April and at any other time of the year when the ultraviolet radiation level is 3 and above. A combination of sun

protection measures are considered when planning outdoor activities such as excursions and water-based activities [ if applicable]

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. Babies under 12 months need special consideration—see strategy 5.

It is an expectation that all staff, students, parents and visitors of **Woodend Children's Centre** will use the following skin protection strategies:

**1 Take care to protect the skin when the ultraviolet radiation level is 3 and above. Extra care should be taken when UV radiation levels are highest (over the middle of the day).**

1.1 The children's lunch, rest time and indoor activities will be held between the daily sun protection times to minimise exposure to UV radiation over the middle of the day.

1.2 Whenever possible, all outdoor activities will be scheduled outside the daily sun protection times if possible but if not, always 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 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, staff and parents will be expected to wear a broad brimmed hat, legionnaire style 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 6 cms for older children and adults) whenever they are involved in outside activities.

3.2 Children not wearing an appropriate hat will be expected to play in a sun protected area because even in the shade, UV radiation can reflect off cement and sand, so care should be taken.

3.3 Children will be encouraged to wear shirts with collars and elbow length sleeves and longer style shorts/skirts. Children who do not have appropriate clothing for protection e.g. singlet or midriff top, will be required to play in an area protected from the sun and parent/ carer informed.

**4 Apply a broad-spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, 20minutes before going outdoors for lunch or activities and only lasts for 2 hours. 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 to the children before they go outdoors.

4.2 Parents will be encouraged to supply SPF30+ broad spectrum, water resistant sunscreen for their children although there will be bulk sunscreen packs available at the service.

4.3 Sunscreen will be applied before the children's morning outdoor activities and again before they go outside in the afternoon during the daily sun protection times and always when the UV is 3 and above.

## **5 The special needs of babies:**

5.1 Babies (under the age of 12 months) should be kept out of the direct sunlight and always protected by shade, clothing and hats.

5.2 Sunscreen should be applied to small areas of exposed skin not protected by clothing and hats for infants 6 months and older.

## **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.**

6.1 For Work Health & Safety and role modelling, when UV is 3 and above, staff are required to practice SunSmart behaviours including wearing sun protective clothing, sunscreen, appropriate hats, sunglasses and seek shade when outdoors.

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

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

6.4 Information about the centre's SunSmart Policy will be provided, reinforced and promoted to all new staff, students and families e.g. newsletters

6.5 Visitors and parents are encouraged to role model SunSmart behaviours when participating in or attending outdoor activities with the centre.

## **7 The Woodend Children's Centre Skin Protection Policy will be evaluated on a regular basis (at least every three years) to ensure the policy remains current and relevant.**

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

For more information please contact: **Cancer Council Information and Support 13 11 20** or visit [www.sunsm](http://www.sunsm)