

Bute and District Kindergarten and Rural Care

Skin Protection Policy and Hot Weather Policy

Policy Statement

Australia has the highest incidence of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

The 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 everyday from September to April – it is during these months that sun protection is necessary.

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, people need about two to three hours of sunlight to their face, arms and hands over a week. So therefore during this period the Bute and District Kindergarten and Rural Care Service will relax its policy and allow children and staff to enjoy the winter sun. We will however continue to monitor the UV levels during these months to ensure we use sun protection when the UV level reaches 3 and above.

Aims

The aims of the Bute and District Kindergarten and Rural Care 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 Kindergarten and Rural Care are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, students and parents of Bute and District Kindergarten and Rural Care Service will use the following skin protection strategies:

1. Take care to protect the skin. Extra care should be taken between 10am and 3pm when UV radiation levels are highest.
 - 1.1 The children's lunch, rest time and indoor activities will be held between 10am and 3pm to minimise exposure to UV radiation in the middle of the day.

- 1.2 Whenever possible, all outdoor activities will be scheduled before 10am and after 3pm, or in the shaded areas of the service.
 - 1.3 Endeavour to maintain an indoor temperature that provide for the comfort of each child.
 - 1.4 In extenuating circumstances (as defined by the Director) such as no air conditioning in extreme heat, early dismissal will occur. Staff will remain on duty and children who are unable to be collected will be kept as comfortable as possible. Families will be notified individually of the extenuating circumstance so they can collect their children if able to.
 - 1.5 Ensure children are frequently offered and have access to water at all times
 - 1.6 Ensure that there is sufficient storage in the centres fridge for children to store their food
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 5cm brim for children under 5 years of age and 6cms for older children and adults) whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade.
 - 3.2 Children will be encouraged to wear shirts with collars and at least elbow length 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 will be encouraged to supply sunscreen for their children although there will be sunscreen 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 at times between 10.00 am and 3.00 pm or when the UV is 3 and above.

5. 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.

5.1 Staff will be encouraged to role model appropriate Sun Smart strategies in all service 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 The Cancer Council SA.

5.4 Staff will be encourage to monitor UV levels on a regular basis to help in planning outdoor activities. This could be access through www.bom.gov.au and the SunSmart app.

5.5 Information about the centre's Sun Smart Policy will be given to all new staff, students and families.

Links to other policies

The following are a list of examples:

- Child protection
- Occupational Health and Safety

Sources and further reading

- The Cancer Council South Australia
- www.cancersa.org.au/sunsmart
- Public and Environmental Health Act 1987 SA
- Occupational Health, Safety and Welfare Act 1995 SA
- National Health and Medical Research Council. (2005). *Staying healthy in child care: Preventing infectious disease in child care* (4th ed.). Canberra: Author.
- <http://www.decd.sa.gov.au/docs/documents/1/inclementweatherproc.pdf>

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Signatures

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Chairperson – Governing Council

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Director – Bute & District
Kindergarten and Rural Care