**Angaston Kindergarten**

Sun 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 everyday from September to April - it is during these months that sun protection is necessary. Extra care should be taken between 10.00 am and 3.00 pm when UV radiation levels are highest. 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. Cancer Council SA also suggests that UV radiation levels may be 3 or above during the remaining months of the year. Therefore, Angaston Kindergarten will implement its Sun Protection Policy all year round.

**Aims**

The aims of Angaston Kindergarten sun 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.

**Implementation**

This policy will be implemented all year round. Its purpose is to ensure that all members of our Kindergarten Service are protected from skin damage caused by the harmful rays of the sun. Families with babies 12 months and under that access the site for Playgroup or Learning Through Play need special consideration—see strategy 5.

It is an expectation that all staff, children and parents of Angaston Kindergarten 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 should be taken between 10.00 am and 3.00 pm when UV radiation levels are highest.
   1.1 Children’s lunch, rest time and indoor experiences will be available 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 organised in the shaded areas of the kindergarten.

2. **Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.**
   2.1 Tree planting will be organised at the kindergarten with priority given any open space grassed area.
   2.2 The sandpit and play equipment area to be a priority for shade structures
   2.3 The further provision of shade areas is a priority for the service.
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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 6cms for older children and adults) whenever they are involved in outside activities all year round. Children not wearing an appropriate hat will be expected to play inside. **No Hat No Outside Play**

3.2 Children will be encouraged to wear shirts with collars and at least elbow length sleeves and longer style shorts / skirts always protected by shade, clothing and hats all year round.

4 When UV radiation levels are above 3 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 apply a broad-spectrum sunscreen before their child arrives at kindergarten. Bulk sunscreen packs will be available at the kindergarten.

4.3 Staff will check if sunscreen has be applied by parents 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.

4.4 Staff will model the application of sunscreen and support children to independently apply their own.

5 The special needs of babies:

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

5.2 Sunscreen should be applied to small areas of exposed skin not protected by clothing and hats, where necessary.

6 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.

6.1 Staff will be encouraged to role model appropriate Sun Smart strategies in all service activities.

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 SA information and resources from Cancer Council.

6.4 Information about the centre’s Sun Protection Policy will be given to all new staff, students and families.

7 The Angaston Kindergarten skin protection policy will be evaluated on a two yearly basis.

7.1 Policy issues will be discussed at Staff, Parent and Governing Council meetings.

**Endorsed by Staff and Governing Council April 2012**

**Governing Council Chair:** Alice Howard  
**Date:** 31/07/2012  
**Director:** Steve Valentine  
**Date:** 31/07/2012

Reviewed April 2012  
Review: April 2014