Sun Smart Policy

Rationale
Australia has the highest incidence of skin cancer in the world, with 2 out of every 3 people developing some form of skin cancer in their lifetime.
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. Much of the damage occurs during childhood and adolescence.
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.
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. Cancer Council SA also recommends that particular care should be taken during these months 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.

Related Policy Hot weather policy

Aims
The aims of the Salisbury Heights Preschool 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 exposure to the sun when the UV radiation level is 3 and above.

Implementation
This policy is for implementation from 1 September to 30 April. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above.
The purpose of the policy is to ensure that all members of our preschool are protected from skin damage caused by the harmful rays of the sun.
It is an expectation that all educators, children and parents of Salisbury Heights Preschool will use the following skin protection strategies:
1. Avoid being in the direct sun when UV radiation levels are 3 and above.
1.1. Outdoor activities will be set up in shaded areas during first and fourth terms
2. Use the shade of trees, verandahs and pergolas when outside
2.1. The provision of shaded areas is considered to be sufficient at this stage but will be considered as part of the planning process for any future developments
3. Wear appropriate clothing which protects the skin
3.1. Children, educators and parents will be expected to wear a broad brimmed, legionnaire or bucket hat (with at least 5cm brim and a deep crown) whenever they are involved in outside activities. Children without a hat (as above) will be able to borrow a hat from the preschool or play inside.
3.2. Children are encouraged to wear appropriate sun protective clothing eg clothes with sleeves, collars, longer style shorts/skirts etc. Children with inappropriate clothing (eg singlet tops or sleeveless dress) will be able to borrow a t-shirt from the preschool or play inside.
4. Use a broad spectrum sunscreen with an SPF of 30+, 15-20 minutes before going outdoors
4.1. Parents should apply sunscreen to their children before coming to preschool
4.2. Parents are welcome to use the preschool’s sunscreen on arrival if they have forgotten to apply it at home
4.3. Children staying for a full day will have additional sunscreen applied after lunch from 1st September to 30th April
5. Reinforce the Sun Smart message in all preschool activities and procedures
5.1. Educators will role model appropriate Sun Smart strategies
5.2. Skin protection will be included in appropriate teaching activities
5.3. Educators will be encouraged to keep up to date with new information and resources from Cancer Council SA
5.4. Information about the centre’s SunSmart Policy will be given to all new staff, students and families
6. This policy will be reviewed and evaluated on a biennial basis
6.1. Policy issues will be discussed at staff and governing council meetings
6.2. New information in relation to skin protection will be taken into consideration at the time of reviewing the policy