



Growing & Learning...TOGETHER

Lobethal Kindergarten Sunsmart/Skin Protection Policy

Policy Number **8**

Issue Number **7**

Rationale:

At Lobethal Community Kindergarten we acknowledge that Australia has the highest rate of skin cancer in the world and we understand that skin cancer is the result of cumulative exposure to the sun. Two out of every three Australians will develop some form of skin cancer throughout their lifetime. Research suggests that 2 out of every 3 melanomas occurring in Australia could be prevented if children were protected from the sun in their first 15 years.

Research also shows that severe sunburn contributes to skin cancer and other forms of skin damage including sunspots, blemishes and premature ageing. Further to this Most skin damage is therefore preventable.

"Being Sunsmart means a balance between sun protection to lower the risk of skin cancer and sun exposure for the production and maintenance of vitamin D. Current information indicates that at certain times of the year, when UV radiation is below 3, it is safe for the general population to leave hats and sunscreen off to ensure vitamin D levels are maintained."

Ultra Violet Radiation (UVR) levels are highest during the hours that children attend kindergarten sessions.

With this in mind, Lobethal Community Kindergarten realises the need to protect children's skin and continually educate them and our kindergarten community about SunSmart behaviours.

Aims:

Our SunSmart Policy aims to:-

Promote positive attitudes towards skin protection among children, staff and parents.

Educate our kindergarten community for lifelong learning about SunSmart lifestyle practices and promote an awareness of the need to reduce the level of exposure to the sun's harmful rays.

Provide an environment which supports Sunsmart practices through our education programme and through the modelling of good practices.

Practices:

Our kindergarten staff will plan, program and implement activities that will minimise the risk of sun exposure during peak sun protection times as indicated by the UV Alert (refer <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>). We plan to use our verandah area, trees and permanent shade structure for outdoor activities to capture shade throughout the day as much as possible and where and when applicable erect temporary shade structures.

We will display the daily UV rating (from www.bom.gov.au/sa/uv/) on parent notice boards and will assist the children to obtain, display and analyse the UV rating in our morning group times every day prior to deciding if sunscreen application is required.

We will promote SunSmart practices through newsletters, displays, excursions and within our learning programme.

Each family will receive a copy of our SunSmart policy and we will add the policy to our enrolment package and staff induction package.

Children/staff are asked to come to kindergarten with SPF30+ broad spectrum, water resistant sunscreen already applied from home

We will supply a broad spectrum SPF 30+ water resistant sunscreen for use by staff and children

Between the 1st of September and the 30th of April and when UVR level is 3 and above at other times children will be supported to apply their own sunscreen to their face, neck, ears and any other exposed skin, 20 minutes before outdoor activities. We will ask children to apply sunscreen before washing their hands for fruit/lunch-which consistently is approx. 20 minutes before outdoor play time. This allows adequate time for correct sunscreen application. Sunscreen will be reapplied every 2 hours if outdoors for extended periods or if involved in water activities.

Staff and parents will be encouraged to wear a SunSmart hat and role model SunSmart behaviours at all times when outside.

Children who require their own sunscreen due to allergies etc. Will need to be provided with their own individual sunscreen in its original container labelled clearly with their name. This sunscreen will be stored safely and given out to children when required.

Between the 1st of May and the 31st August, when the UVR rating is below 3, children will not be required to apply sunscreen or wear a SunSmart hat. This will help maintain vitamin D levels.

At Lobethal Community Kindergarten we have a “no hat-only shaded play” policy that is implemented between September to April

All children, visitors and staff will be expected to wear a broad brimmed, legionnaire or bucket style hat when participating in all outdoor activities/ excursions. Children not wearing a SunSmart hat will be asked to play in shaded areas only and will be offered to borrow a spare SunSmart hat if available.

Kindy Sunsmart hats are available for purchase at kindy.

Examples of SunSmart Hats

Which type of hat?

Wear a hat that provides good shade to the face, back of the neck, eyes and ears. Broad-brimmed and bucket hats provide the most UV radiation protection for the face and head. Legionnaire hats also provide good UV radiation protection. Baseball caps do not protect the head and face.¹

Wearing a hat with a brim that shades the eyes can also reduce UV radiation to the eyes by 50%.²

Broad-brimmed hat*

Brim should shade the face, neck and ears.

Bucket hat*

Bucket or surfer-style hats should have a deep crown and sit low on the head. The angled brim should provide the face, neck and ears with plenty of shade.

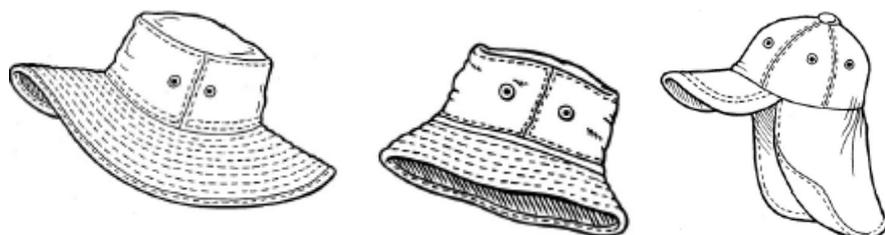
**Please see table on the next page for recommended brim width measurements according to age range and head wear size.*

Legionnaire hat

Legionnaire hats should have a flap that covers the neck. The side flap and front peak should meet to protect the side of the face.

Legionnaire hats are more suited to people who are active or doing activities involving bending.

Baseball caps and visors offer little protection to the cheeks, ears and neck and are therefore NOT recommended.



All children and staff will be expected to wear appropriate sun protective clothing. Tops with collars and elbow length sleeves are best. Please do not send your child in a singlet, midriff top, shoestring strap or strapless top. Children who are not dressed appropriately for outdoor play will be asked to put on some of the kindergarten's spare clothes or asked to stay in a shaded area.

The Lobethal Community Kindergarten skin protection policy will be evaluated on an ongoing basis. (at least every three years). We will review the effectiveness of the policy on an annual basis.

Policy created date 1/3/2006

Policy review date 11/09/15

Next review date 11/09/18

This policy was reviewed by staff and presented to Lobethal Community Kindergarten Governing Council for final approval and ratification on 29/10/15

Signatures: _____ **Director**

_____ **Governing Council Chairperson:**