Lobethal Kindergarten
Skin Protection Policy

Policy Number ***5***
Issue Number **13**

Supporting Policies, Procedures and Risk Assessments:
DfE Sun Exposure Guidelines (available online)

Rationale:
At Lobethal Community Kindergarten we acknowledge that Australia has one of the highest rates of skin cancer in the world and understand that skin cancer is the result of cumulative exposure to the sun. Two out of every three Australians will be diagnosed with skin cancer before aged 70, however up to 95% of skin cancers can be prevented by adequately protecting the skin when the UV is 3 and above.

Melanoma is the most common cancer in Australians aged 15-29, and sun exposure during childhood and adolescence is a critical determinant of future skin cancer risk.

Being SunSmart means a balance between sun protection to lower the risk of skin cancer and safe sun exposure for the production and maintenance of vitamin D. Too much exposure to UV radiation can cause sunburn, skin and eye damage and skin cancer. Too little radiation from the sun can lead to low vitamin D levels. Sensible sun protection when the UV is 3 and above does not lead to vitamin D deficiency.

Ultraviolet radiation 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 Skin Protection 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:

Consistent with the Department for Education and SunSmart guidelines, this policy is implemented during terms 1, 3 and 4, and whenever the UV is 3 and above at other times. Staff will access the daily sun protection times via the SunSmart app, www.myuv.com.au or www.bom.gov.au/sa/uv/ to assist with implementing this policy.

- Our kindergarten staff will plan, program and implement activities that minimise the risk of sun exposure during peak UV times of the day. We plan to use our veranda 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.
- **Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times, where possible**
- A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities.
- We will display the daily sun protection times on parent notice boards, and will assist the children to obtain, display and analyse the UV rating and daily sun protection times in our morning group times every day prior to deciding if sun protection is required.
- We will promote SunSmart practices through newsletters, displays, excursions and within our learning programme.
- Each family will receive a copy of our Skin Protection policy and we will add the policy to our enrolment package and staff induction package.
- Children/staff are asked to come to kindergarten with SPF 50+ or above broad-spectrum, water-resistant sunscreen already applied from home
- Each family will supply a roll on, water resistant, broad spectrum SPF 50+ sunscreen for their child. The site will supply water resistant, broad spectrum SPF 50+ sunscreen for staff, visitors and children to use as needed. All roll-on sunscreens supplied by families will need to be clearly named. Reusable roll-on sunscreen containers are available for sale from the kindy.
- The kindergarten will regularly check the expiry dates of the sunscreen that we supply.
- 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 more often if involved in water activities or activities in which sunscreen may be washed or wiped off.
- Parents and visitors will be encouraged to wear a sun safe hat and role model SunSmart behaviours at all times when outside during kindergarten activities.
- All children are expected to wear appropriate sun protective clothing. Tops with collars and elbow length sleeves, and longer style shorts and skirts are best. Please do not send your child in a singlet, midriff top, shoestring strap or strapless top, as this does not provide adequate protection. 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. Rash tops are recommended to be worn when participating in water-based activities.

- As part of WHS UV risk controls and role modelling, staff will wear sun protective hats, clothing and sunglasses, apply SPF50+ or higher broad spectrum, water resistant sunscreen, and where possible, seek shade when outdoors.

At Lobethal Community Kindergarten we have a "no hat-only shaded play" policy that is implemented during terms 1, 3 and 4, and whenever the UV is 3 and above at other times.

- 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 sun safe hat will be asked to play in shaded areas only, and will be offered to borrow a spare sun safe hat if available.
- Kindy sun safe hats are available for purchase at kindy.

Examples of sun safe hats

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*

Brims should shade the face, neck and ears.

Bucket hat*

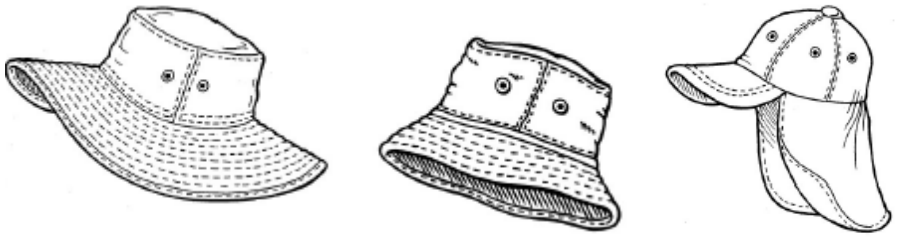
Bucket or surfer-style hats should have a deep crown and sit low on the head. The angled brim should provide the face, neck and ears with plenty of shade.

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.



The Lobethal Community Kindergarten Skin Protection policy will be evaluated on an ongoing basis. We will review the effectiveness of the policy on an annual basis.

Policy review date 21/3/2025 **Next Review date:** Term 1, 2026

Signatures - Director :

Governing Council Chairperson: