Skin Protection Policy

NQS

<table>
<thead>
<tr>
<th>QA2</th>
<th>2.3.2</th>
<th>Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.</th>
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</thead>
<tbody>
<tr>
<td>QA3</td>
<td>3.1.1</td>
<td>Outdoor and indoor spaces, buildings, furniture, equipment, facilities and resources are suitable for their purpose.</td>
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</tbody>
</table>

NATIONAL REGULATIONS

| Regs | 114 | Outdoor space - shade |

EYLF

| LO1  | 1.1 | Children feel safe, secure and supported |

Who is affected by this policy?

- Children
- Families
- Educators
- Governing Council

Aims

The aims of Loxton Preschool Centre’s Skin Protection Policy are to promote among children, educators and parents:

1. Positive attitudes towards skin protection and the need for vitamin D from the sunlight, vital for the development and maintenance of strong, healthy bones.
2. Lifestyle practices which can reduce the incidence of skin cancer and the number of related deaths.
3. Personal responsibility for and decision making about skin protection and vitamin D.
4. Awareness of the need for environmental changes in our centre to reduce the level of exposure to the sun.

Purpose

The purpose of our policy is to ensure that all children, educators and parents are whenever possible, protected from skin damage caused by the harmful ultra-violet rays of the sun while at preschool.
This policy is implemented between the 1 September and 30 April regardless of the daily UV radiation levels. To help maintain winter vitamin D during May to August, sun protection measures are not used when UV levels are below 3. Educators will access the daily SunSmart UV Alert to assist with the implementation of this policy via Bureau of Meteorology via www.bom.gov.au/sa/uv/ or SunSmart app or widget via https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget.

Rationale

Australia has one of the highest incidence of skin cancer in the world, with 2 out of 3 Australians developing some form of skin cancer before the age of 70 years.

There are four factors, often occurring simultaneously, which contribute to these statistics:

1. The population is predominately fair-skinned,
2. Ultraviolet radiation from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For many years social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school and recreational habits expose people to the sun over long periods.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

Early childhood services are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the services’ community to use effective skin protection.

Implementation

It is an expectation that all educators, students and parents of the service will use the following skin protection strategies:

1) Protect the skin when the ultraviolet (UV) radiation level is 3 (moderate) and above. Extra care should be taken during the daily sun protection times when UV radiation levels are highest.

1.1 The children’s lunch and rest time will be held between the daily sun protection times to minimise exposure to UV radiation.

1.2 Whenever possible, all outdoor activities will be scheduled outside the daily sun protection times or in the shaded areas of the service.

2) Use the shade of trees, pergolas, umbrellas and tents whenever outdoors. During peak UV radiation times, stay in the shade or remain indoors and drink plenty
of water to prevent dehydration or heat stress.

3) Wear appropriate clothing which protects the skin.

3.1 Children, educators 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 6 cms for older children and adults) whenever they are involved in outside activities. Children not wearing an appropriate hat will be required to stay inside.

No hat, no outside play, including the veranda. Educators will re-direct children without hats to inside the preschool building.

Educators will provide a “loan hat” for children, in the event that children must go outdoors as part of the curriculum (e.g. walk down the street, visit to the library, etc), or after 10:30am group time. This hat is placed in the preschool washing bag for laundering after use.

3.2 Children will be encouraged to wear shirts with collars and sleeves and longer style shorts/skirts. Singlets, shoe-string tops or tops with exposed midriff are not acceptable.

4) Parents are asked to apply a broad-spectrum, water resistant sunscreen with an SPF of 30 or higher to clean, dry skin, 20 minutes prior to their child arriving at preschool. Sunscreen should be reapplied again prior to lunch and reapplied every 2 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 bulk sunscreen packs available at the service.

5) Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.

5.1 Educators will be encouraged to role model appropriate SunSmart strategies in all service activities.

This will mean that:

a. educators will be required to wear hats and appropriate clothing for all outdoor activity, i.e. shirts or dresses that cover the shoulders and shirts with collars and sleeves, longer style shorts and skirts.

b. educators will be expected to use and direct children to shaded areas.

c. Regularly reinforce and promote SunSmart behaviours to the whole community (e.g. newsletters, whiteboards etc)

5.2 Skin cancer prevention and vitamin D 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 Skin Protection Policy will be given to all new
educators, students and families.

5.5 When enrolling their child parents will be:
   a. informed of the Skin Protection policy.
   b. asked to provide a broad brimmed, legionnaire or bucket (with at least 5cm brim and a deep crown) hat for their children’s use.

6) The Services sun protection strategy will be evaluated on a two yearly basis, which will include referral to the Cancer Council SA for advice and endorsement to ensure the policy remains current and relevant.

6.1 Policy issues will be discussed at educator and parent meetings.

Parent/Caregivers Responsibilities:

1. Provide a hat that provides good protection to the face, ears and neck such as a broad brimmed, bucket hat with good brim or legionnaire style of hat for their child, every day. Baseball caps are not acceptable.
2. Clothe their child in protective clothing – shirts and tops with collars and sleeves are best. Singlets, shoe-string tops or tops with exposed midriff are not acceptable. Longer style shorts and skirts are encouraged. Close fitting wrap-around sun glasses are encouraged.
3. Apply SPF 30 or higher broad spectrum and water-resistant sunscreen before coming to the Centre (in the event that this is forgotten, parents may use sunscreen provided at the Centre (located by the back door).
4. Be a good role model and wear a hat, sunscreen and protective clothing themselves and promote SunSmart behaviours when possible.
5. Inform educators if children are allergic to sunscreen cream.

Sources
- Early Years Learning Framework
- National Quality Standard
- Cancer Council SA

Review
The policy will be reviewed bi-annually.
Review will be conducted by:
- Governing Council
- Employees
- Families
- Interested Parties

Reviewed: 01/12/2016  
Date for next review: 01/12/2018

Ratified by Governing Council ________________________ Director’s Signature ______________________