



Cummins Area School Preschool and Rural Care

Sun Safe Policy

Policy Statement:

The Centre adopts the Sun Safe Policy as recommended by the Cancer Council to ensure that all children attending the Centre are protected from skin damage caused by overexposure of ultraviolet (UV) radiation from the sun, whilst also achieving enough sun exposure to maintain adequate vitamin D levels for bone development, growth and maintenance

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 the age of 70. 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 should protect their skin at times when the ultraviolet (UV) radiation level is 3 and above. In South Australia, UV radiation levels are 3 and above every day from August to April and sometimes in May.
- A skin protection policy be in place from 1 August until 30 April when UV radiation levels are 3 and above. During May to July, at times when the UV radiation level is below 3, sun protection for most people is not necessary and an ideal time to receive vitamin D from the sunlight.
- UV radiation levels are monitored each day, particularly during May as they still may be 3 or above.
- Particular care should be taken during August to April over the middle of the day, when the UV radiation levels are at their highest/strongest.

Aims:

The aims of the Cummins Preschool and Rural Care 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.

Implementation:

This policy is for implementation throughout the whole year. All members of the Cummins Preschool and Rural Care will be strongly encouraged to use the following skin protection strategies:

Behaviour:

At enrolment parents will be given details of the policy and an explanation of the importance of children being educated about sun safe behaviours. The limitations of sunscreen and the promotion of shaded areas will also be pointed out to them. It is recognised that ultraviolet radiation can cause damage, even in shade.



Cummins Area School Preschool and Rural Care

Sun Safe Policy

For this reason, the Centre has developed multiple shaded areas including verandas and the mature trees provide good shade coverage and shade use will be promoted.

The Centre will incorporate age-appropriate sun and skin cancer awareness activities into teaching programs.

Parents will be encouraged to adopt SunSmart behaviour when volunteering including the wearing of hats at all times, sunscreen application, sun protective clothing and seeking out shade at all times when the UV is 3 and above.

The Sun Smart Policy will be reinforced occasionally in newsletters.

Staff are required to act as role models for the children by:

- Practising SunSmart behaviour -wearing appropriate hats and clothing for outdoor activities.
- Applying sunscreen to themselves as well as the children
- Seeking shade -when the UV is 3 and above.

Sunscreen:

Cummins Preschool and Rural Care will provide SPF~~50~~³⁰+ broad spectrum, water resistant sunscreen for general use and available at all times to children and staff for reapplication when required.

- Parents need to apply SPF~~50~~³⁰+ broad spectrum, water resistant sunscreen liberally to their child before they come to Preschool or Rural Care so that their skin is protected against the sun when travelling to and when playing outdoors on arrival at the centre.
- Sunscreen will be reapplied by staff at the end of whole group time before children begin fruit eating (around 9:30am) and at the end of small group time before children eat their lunch (around 12:00pm) and go outside in the afternoon in Terms 1, 3, and 4.
- Adequate time (15-20 minutes) must be allowed for correct application of sunscreen on children ~~before they go outdoors~~.
- In Term 2 when UV is 3 and above, sunscreen will be applied.
- In Term 2 when UV is below 3, no sun sunscreen is required or will be applied to support vitamin D levels.

SunSmart Clothing/hats:

Children and staff are expected to wear:

- Wide brimmed hats whenever they are outside. Staff will encourage children to keep their hats on and remind children when hats come off. If a child is constantly taking their hat off (particularly babies and toddlers) staff may limit their outdoor play when the UV is 3 and above, as they are at risk of skin damage if no hat is worn.



Cummins Area School Preschool and Rural Care

Sun Safe Policy

- In Term 2 when the UV is below 3, staff may use their discretion and ask that hats be removed to receive vitamin D from any available sunlight to maintain vitamin D levels.



Cummins Area School Preschool and Rural Care

Sun Safe Policy

Parents are encouraged to dress their child in:

- Appropriate clothing that protects the skin as much as possible. These should include tops/shirts with collars and elbow-length sleeves and longer-style shorts/skirts.
- Enclosed footwear (sandals, sneakers and boots).

The Cummins Preschool and Rural Care Sun Protection policy will be evaluated on an ongoing basis and reviewed annually or at least every 3 years by Cancer Council's National SunSmart Early Childhood Program.

References:

http://www.decd.sa.gov.au/familydaycare/files/links/UVR_Protection.pdf Accessed 13/3/12

<http://www.cancersa.org.au/asp/sunsmart.aspx>

[OHS&W:HR - UV Radiation/Sun Protection Procedure](#)

[OHS&W:HR - Heat Stress Procedure](#)

Child and Youth Health

<http://www.cyh.sa.gov.au/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1627>

Accessed July 2010

Chairperson – Governing Council

Principal

Chairperson Parent Committee

Reviewed: May 2017

Next review date: August 2018

HOT WEATHER RECOMMENDATIONS:

The sun also emits infrared radiation (heat) that we feel and can cause us to feel hot, perspire and potential for dehydration and heat stress. The centre will recommend staff and children seek shade, wear light-weight clothing and hats to protect from the heat. Also,

Drinks:

- Children are to be encouraged to drink water and safe drinking water is to be accessible at all times, especially in hotter weather.

Air-conditioning:

- Staff to ensure air-conditioning units are effective and in good working order at all times.
- Children are able to access air conditioned spaces during hot periods.