

SKIN PROTECTION POLICY

AIM

To promote positive attitudes towards skin protection and encourage healthy lifestyle practices which can help reduce the incidence of skin cancer. This will include the provision of sufficient shade or work towards increasing the number of trees and shade structures so as to provide adequate sun protected areas at the centre.

IMPLEMENTATION

Leadership will:

- Develop and review this policy and ensure it is accessible to staff and families.
- Review the policy regularly to ensure the policy remains current and relevant.
- Promote this policy especially during times of year where the UV rating is highest (September 1st to 30th April) and any day where the UV rating is 3 or over.
- Consider not implementing sun protection practices when the UV is below 3 (removing hats and not applying sunscreen), so as to achieve enough sun exposure to maintain adequate levels of vitamin D, vital for the development and maintenance of strong, healthy bones.

Team Leaders will:

- Ensure this policy is understood by team members and implemented in the rooms.
- Ensure all children, educators, students and volunteers wear hats that cover their ears and neck while outside. Suitable hats include broad brimmed, legionnaire or bucket hats with a minimum of 5cm brim for children under 5 years old when the UV rating 3 and above.

Administration will:

- Check the UV index daily on the Bureau of Meteorology website (www.bom.gov.au/sa/uv/) and write the UV rating in the diary at the front desk/add to room diaries.

Educators will:

- Wear their hats while outside and ensure children do the same.
- Set up learning experiences indoor and under shade wherever possible.
- Offer indoor and outdoor play at every opportunity.
- Act as role models by practising Sun Smart behaviour including wearing clothing that covers their shoulders and has longer sleeves and to have discussion with children about why we wear hats, sun cream, protective clothing and sunglasses.
- Use discretion when determining outside play during peak UV radiation times (e.g. often between the hours of 10am- 2pm).
- Ask families to provide clothing that covers the upper body and shoulders for outside play (e.g. tops with collars and longer sleeves and longer-style shorts/skirts). If clothing does not cover a reasonable area, spare clothes will be provided by the Centre while the child is exposed to sunlight.
- Ask families to ensure children wear supportive, sun protective shoes (i.e. not thongs or crocs).
- Supply upon enrolment, a broad brimmed hat with the centre logo and the opportunity to purchase additional hats
- Ensure babies under the age of 12 months will be kept out of direct sunlight as much as possible and always protected by shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing. Babies under 6 months should only have sunscreen applied if there is no way of avoiding direct sunlight otherwise they will be covered by appropriate clothing and hats and be kept in the shade. Children over 12 months can have sunscreen applied liberally but again should be protected by clothing, hats and kept in the shade as much as possible.

- Apply SPF 30+ broad spectrum, water resistant sunscreen 15-20 minutes before going outside and reapply every 2 hours if outdoors for extended periods of time or during water activities. Educators will encourage older children to apply their own sunscreen with supervision. Forbes Children's Centre will use [Nanoparticle-free sunscreen](#) where possible.
- Provide information in newsletters and displays about being Sun Smart and promote families to be active participants by having sunscreen accessible for them to apply before morning and/or afternoon sessions.
- Include sun smart as part of the curriculum and utilise everyday opportunities as teachable moments in promoting sun smart practices.
- Obtain permission to apply sunscreen at the enrolment process.
- Ask families to provide their own sunscreen if the child has sensitive skin or skin allergies and ensure the correct paperwork is returned prior to use. Usual procedure is to be followed in regards to displaying pictures of the children in the room and storing personal sunscreen (see **Dealing with Medical Conditions Policy**).

Families will:

- Ensure their child is wearing suitable clothing to care including shirts that cover their shoulders and longer sleeves and longer-style shorts/skirts.
- Apply sunscreen to their child before or upon arriving at the Centre. If they do not apply sunscreen at arrival, they must inform educators.
- Provide sunscreen for their child if they require a different type to the one offered by the Centre. This sunscreen must be accompanied by a Medication Authority Form.

Example of good sleeve length:



Example of sleeves that do not cover shoulder:



Further sources of information:

- Bureau of Meteorology Daily UV rating (<http://www.bom.gov.au/sa/uv/>)
- Cancer Council SA (www.cancersa.org.au/sunsmart)
- Children's Health and Education Support Services (www.chess.sa.edu.au)
- [List of nanoparticle-free sunscreens](http://www.earthfirst.net.au/is-your-sunscreen-safe.html) (<http://www.earthfirst.net.au/is-your-sunscreen-safe.html>)
- Sunsmart Australia (<http://www.sunsmart.com.au/default.asp>)

EVALUATION:

This policy is viewed to be working effectively when:

- The Centre, educators and children are implementing Sun Smart policy and the UV index is displayed daily.
- Hats are provided for all children attending the Centre and educators ensure they wear them when accessing outdoor play spaces when the UV radiation levels are 3 and above.

Procedure

Sun Smart UV index displayed daily

National Quality Standard- Children's Health and Safety

2.1.1 Each child's health needs are supported

Record of Policy Adoption and Amendment:

Version	Date	Details	Author	Approver
1.0	January 2011	Policy adopted.	Onkaparinga Institute polices	Governing Council
1.1	Nov 2011	Policy circulated to Policy Review Committee and staff for review and suggested amendments identified, including; <ul style="list-style-type: none"> • NQF practices included • Inclusion of Dentist in local proximity 	K Cook	Governing Council
2.0	October 2012	Suggested amendments put to Policy Review Committee and adopted, including; <ul style="list-style-type: none"> • Information in regards to giving families a copy of this policy • Addition of websites for further resources 	K Cook	Policy Review Committee Oct 2012
Skin protection 1.0	May 2013	Skin protection policy adapted from Health Management Policy to comply with DECD regulations.	P Murray M Wilson	
1.2	November 2015	Cancer Council amended policy	Cancer Council	Policy Committee

Review: To be reviewed annually by the Assistant Director and any recommended amendments endorsed by the Policy Review Committee

Last Review: September 2017

Source:

Cancer Council SA

Reference:

DECS policy 2007