

SKIN PROTECTION POLICY

RATIONALE

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

AIM

- To promote positive attitudes towards skin protection and encourage healthy lifestyle practices to reduce skin damage and skin cancer.
- To work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- To assist children to be responsible for their own sun protection
- To encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- To ensure families and staff are informed of the centre's Skin Protection Policy

IMPLEMENTATION

Consistent with the Department for Education and SunSmart guidelines, this policy is implemented from 1 August to 30 April, and whenever the UV is 3 and above at other times.

Leadership will:

- Develop and review this policy to ensure it remains current, relevant and accessible to staff and families.
- Promote this policy especially during times of year where the UV rating is highest (1 August to 30th April) and any day where the UV rating is 3 or over.
- Sun protection is not required when the UV is below 3 to assist with the production of vitamin D, vital for the development and maintenance of strong, healthy bones. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.
- Provide sufficient shade, and work towards increasing the number of trees and shade structures to provide additional sun protective areas outdoors.

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 daily sun protection times via the SunSmart app, www.myuv.com.au or Bureau of Meteorology website (www.bom.gov.au/sa/uv/) and write these in the diary at the front desk/add to room diaries.

Educators will:

- Wear their sun safe hats while outside and ensure children do the same.
- Set up learning experiences indoors and under shade wherever possible.
- Offer indoor and outdoor play at every opportunity.
- As part of WHS UV risk controls and role modelling, wear sun protective clothing (tops that cover shoulders), hats, apply SPF30 or higher sunscreen (broad spectrum, water resistant) and seek shade when outdoors.
- Encourage visitors and families to role model SunSmart behaviours when participating in or attending outdoor activities with the centre.
- Discuss with children why we wear hats, sunscreen, protective clothing and sunglasses, and seek shade.
- Use the daily sun protection times to determine outside play, and reschedule outside of the peak UV radiation times where possible.

- Use a combination of sun protection measures when planning outdoor activities such as excursions and water based activities.
- 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). Children not wearing sun protective clothing will be provided with spare clothes to wear when outdoors. Children wearing singlet tops and dresses are required to wear a t-shirt/shirt over the top before going outdoors.
- Ask families to ensure children wear supportive, sun protective shoes (i.e. not thongs or crocs).
- Supply a broad brimmed hat with the centre logo (with opportunities to purchase additional hats).
- Ensure babies under the age of 12 months are kept out of direct sun when the UV is 3 and above, and are always protected by shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing, for infants 6 months and older. Children over 12 months will have sunscreen applied liberally, and will also be protected by clothing, hats and kept in the shade as much as possible.
- Apply SPF 30 or above broad spectrum, water resistant sunscreen 20 minutes (as per directions on sunscreen label) before going outside. Reapply every 2 hours if outdoors for extended periods of time or more often when participating in water activities and after towel drying (as towel drying physically rubs sunscreen off, it needs to be reapplied). 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 SunSmart and encourage families by having sunscreen accessible for them to apply before morning and/or afternoon sessions.
- Include skin protection as part of the curriculum and utilise everyday opportunities as teachable moments in promoting sun safe practices.
- Obtain permission to apply sunscreen at the enrolment process.
- Ask families to provide their own SPF 30 or higher broad spectrum, water resistant 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 sun protection times (<http://www.bom.gov.au/sa/uv/>)
- Cancer Council SA, SunSmart Early Childhood Program (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>)

EVALUATION:

This policy is viewed to be working effectively when:

- The Centre, educators and children are implementing skin protection practices and daily sun protection times are 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

Daily sun protection times displayed daily

National Quality Standard- Children's Health and Safety

2.2.1 At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

Record of Policy Adoption and Amendment:

Version	Date	Details	Author	Approver
1.0	January 2011	Policy adopted.	Onkaparinga Institute	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 SA amended policy	Cancer Council SA	Policy Committee
	September 2018 November 2021	Cancer Council SA amended policy to align with latest guidelines and recommendations Cancer Council SA amended policy to align with latest guidelines and recommendations	Cancer Council SA	Policy Committee R Usher

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

Last Review: November 2023

Next Review: November 2024 (by site Policy Committee) and November 2024 (By Cancer Council)

Source: Cancer Council SA, SunSmart Early Childhood Program Policy Guidelines

<https://www.cancersa.org.au/cut-my-risk/sunsmart/early-childhood-centres/sunsmart-policy-information>