

Sun Protection

Background

Australia is acknowledged to have the highest incidence of skin cancer in the world. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer. It is therefore vital that learning how to protect the skin from the sun should commence in the earliest years.

Olympic Avenue Kindergarten is committed to:

- Providing all kindergarten participants (especially children) with protection from the harmful effects caused by exposure to the sun's ultraviolet radiation, during all aspects of the program.
- Educating children, parents/guardians and other participants in the service on the harmful effects of the sun's ultraviolet radiation.

Sun Protection Strategies

All children and staff are required to use a combination of sun protection measures from the beginning of September until the end of April. Particular care should be taken between 10am and 2pm (11am and 3pm daylight saving time) when UV levels reach their peak during the day.

Sun Protection Hats and Clothing

- It is the responsibility of the parent/guardian to ensure that their child is provided with an appropriate sun hat when attending the service. A recommended sun hat for children is one that provides shade to the face, back of the neck and ears i.e. legionnaire, broad-brimmed or bucket hat. Each child's sun hat should be clearly labelled and stored in their bags or on individual pegs.
- Hats should be worn by each child, staff member and participant at the service for all outdoor activities during the peak UV period. (Peak UV Period: The start of September to the end of April). The use of sun hats at other times is encouraged.
- The kindergarten endeavours to provide an adequate number of appropriate spare hats for the children and adults, but if the child does not bring a suitable sun hat and there are insufficient spare hats available, then there is a 'no hat, no outside play' policy.
- When outside, children are required to wear loose fitting clothing that covers as much skin as possible. (Note singlet tops do not offer enough protection and are therefore not recommended).

Sunscreen

- It is the responsibility of the parent/guardian to ensure that an SPF 30+ broad-spectrum water resistant sunscreen is applied prior to the session. A spare sunscreen should be included in the child's bag. A supply of sunscreen is kept at the kindergarten for use by parents and staff. A broad-spectrum sunscreen with a minimum of SPF 30+ should be applied to all children's exposed skin, at least 20 minutes before going outdoors during the peak UV period. Other adult participants in the program are encouraged to apply sunscreen.

Information

- The sun protection policy is reinforced through the service's newsletters, notice boards and induction documentation for new parents.
- Education regarding appropriate protecting the skin from the sun is included in the teaching program for the children at appropriate times of the year.

Shade

- Adequate outside shade is provided by the kindergarten in the play area. Children are encouraged to seek shade when playing outside.

Resources and Support

The Cancer Council Victoria

1 Rathdowne Street, Carlton, 3053.

Telephone (03) 9635 5148, Fax (03) 9635 5260

website: www.sunsmart.com.au. Reference for SunSmart UV alert (issued whenever the UV Index reaches 3 and above).

The actions required to implement this policy are:

- Advising parents of our sun protection policy at enrolment by the teachers.
- Including reminders of our sun protection policy in newsletters and on noticeboards.
- Keeping a supply of clean, spare sun hats.
- A supply of SPF 30+ broad spectrum, water-resistant sunscreen for the use by staff, parents and adults on duty.

Authorisation:

This policy was adopted by the Committee of Management at the meeting in July 2010

Review Date: This policy shall be reviewed by July 2012

Signed: