



# Grove Kindergarten

## Skin Protection Policy

Date created  
March 2017

Next Review  
October 2024

### Rationale

At Grove Kindergarten we believe that all children and staff have a right to a safe and secure environment. Australia has the highest incidence of skin cancer in the world, with one out of every two people developing some form of skin cancer in their lifetime. Ultraviolet radiation from the sun causes damage to the skin and is the result of cumulative exposure to the sun which increases the risk of skin cancer.

Research suggests that unprotected exposure to the sun in childhood is an important factor in the development of skin cancer later in life and that effective sun protection during this stage of life is crucial to reduce lifelong skin cancer risk.

Grove Kindergarten supports the 2016 Position Statement of the Australian & New Zealand Bone & Mineral Society, Osteoporosis Australia, The Endocrine Society of Australia, The Australasian College of Dermatologists and the Cancer Council Australia regarding vitamin D, 'most Australian people will maintain adequate vitamin D levels during typical day-to-day outdoor activities', so will continue to encourage the use of sun hats and sunscreen all year around when the UV is 3 and above.

UV radiation is not related to temperature or weather and is THREE and above from the beginning of August until the end of April.

### Purpose

The purpose of this policy is to:

- Ensure that all children attending our kindergarten are protected from skin damage caused by the harmful ultraviolet rays of the sun.
- Encourage personal responsibility for skin protection through use of hats, sunscreen and appropriate clothing.
- Promote positive attitudes towards skin protection by incorporating sun and skin awareness activities into daily routines to promote lifelong lifestyle practices to help reduce the incidence of skin cancer.



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- To make environmental changes to the kindergarten as deemed necessary to maximise shade and along with raise awareness of the potential damage that exposure to the sun can cause, particularly between 10am and 3pm.

## Implementation

This policy is for implementation throughout the whole year with particular emphasis in Terms 1, 3 and 4 (August to end of April) or when the UV levels are **three** or above (ultraviolet radiation levels in spring and autumn can still be very high).

If the centre is having an all-day outdoor activity in May, June or July, the UV will be monitored, and sun protection implemented if the UV is 3 and above. Sun protection times and UV ratings can be found via the SunSmart app, the Bureau of Meteorology website or Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) website.

All members of Grove Kindergarten will be strongly encouraged to use the following skin protection strategies:

### Hats

- Wearing hats outside is compulsory in Terms 1, 3 and 4 or whenever UV levels are three or above.
- Hat wearing will be modelled by staff and volunteers to comply with the policy.
- It is suggested that an appropriate sun hat be clearly labelled with your child's name and left at the Centre as no hat means no play.
- Children, staff and parents will be expected to wear a broad brimmed or legionnaire style hat whenever they are involved in outside activities.

### Clothing

- Wear appropriate clothing which protects the skin.
- Children will be encouraged to wear t-shirts with collars or longer style sleeves, shorts, dresses, and skirts.
- Sunglasses are permitted however need to be properly fitted to your child's head, meet Australia standards, and be labelled clearly with your child's name. No responsibility will be taken for lost or broken glasses.

### Sunscreen

- Grove Kindergarten encourages the use of a broad-spectrum sunscreen with an SPF of at least 50+.
- Parents will be encouraged to apply sunscreen to their children before coming to the centre.
- Protect your own skin and be a role model for children by practicing skin protective behaviours in your own lifestyle.
- Parents are asked to provide a named roll-on sunscreen (to be retained at kindergarten) for children to use throughout the day, in accordance with the Cancer Council SA recommendations.
- Children are encouraged to be independent in applying the sunscreen, however staff will supervise and assist where necessary.



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### Shade

- Avoid being in the direct sun between the hours of 10am and 3pm.
- Outdoor activities set up in shaded areas where possible.
- Use the shade of trees, pergolas, umbrellas, and tents whenever outdoors.
- The further provision of shade areas will appear as a priority on any forward planning documents for the kindergarten.

### Curriculum

- Reinforcing the Sun Smart message in all centre activities and in general centre procedures is an important strategy in the adoption of the skin protection behaviours.
- Staff will be encouraged to role model appropriate Sun Smart strategies in all activities.
- Skin cancer prevention will be included in appropriate teaching activities.
- Staff will be encouraged to keep up to date with new information and resources through contact with the Anti-Cancer Foundation's Resource Centre.

The Grove Kindergarten Skin Protection Policy will be evaluated on an ongoing basis by staff and parents.

### **For resources related to Sun Smart Recommendations:**

[www.cancersa.org.au/prevention/sunsmart/sunsmart-program/early-childhood-centres/sunsmart-criteria](http://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/early-childhood-centres/sunsmart-criteria)

**This policy has been established after consultation with staff and parents within the preschool community.**

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### **Document Review History**

Date	Approved by Governing Council
September 2015	Review
July 2016	Review
March 2017	Review, amendments referring to Terms 1, 3 & 4 in line with DECD Inclement Weather & Sun Protection Procedure
April 2018	Review
October 2020	Review. Amendments to reflect adherence to the Cancer Council SA Sun Smart recommendations
October 2023	Review. Update of references.

### **Sources**

#### UV monitoring resources:

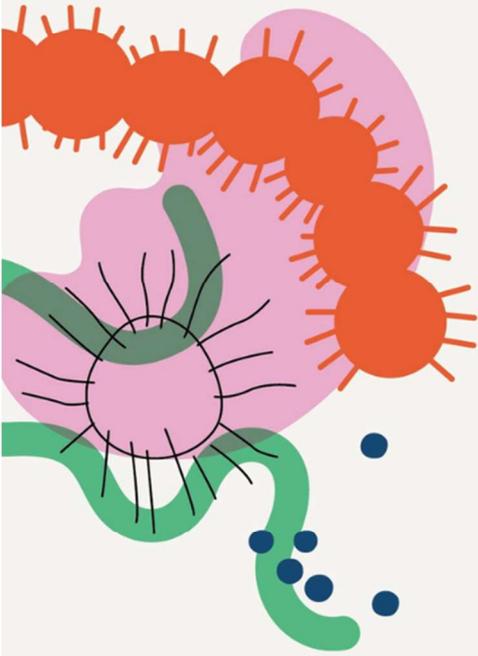
- Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) - [arpansa.gov.au](http://arpansa.gov.au)
- Bureau of Meteorology (BOM) - [bom.gov.au/sa/uv](http://bom.gov.au/sa/uv)
- Department of Education and Children's Services (2010) South Australian Health Department. Dr Ron SunSmart app, [myuv.com.au](http://myuv.com.au)
- SunSmart Global UV app – [sunsmart.com.au/resources/sunsmart-app](http://sunsmart.com.au/resources/sunsmart-app)



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SunSmart resources:

- Australian & New Zealand Bone & Mineral Society, Osteoporosis Australia, The Australasian College of Dermatologists, and the Cancer Council Australia. (2016). Risks & benefits.
- Cancer Council SA (2021) Early childhood centres – [cancersa.org.au/prevention/sunsmart-program/early-childhood-centres/](https://cancersa.org.au/prevention/sunsmart-program/early-childhood-centres/)
- Cancer Council SA (2021) Sun protection policy review checklist for South Australian early childhood centres – [cancersa.org.au/uploads/sunsmart/SS\\_ECC\\_Sun\\_Protection\\_Checklist.pdf](https://cancersa.org.au/uploads/sunsmart/SS_ECC_Sun_Protection_Checklist.pdf)
- Cancer Council SA (2021) Be SunSmart Play SunSmart– Early Childhood Resource - [cancersa.org.au/uploads/sunsmart/BeSunSmart\\_PlaySunSmart\\_ECR\\_document\\_FA.pdf](https://cancersa.org.au/uploads/sunsmart/BeSunSmart_PlaySunSmart_ECR_document_FA.pdf)
- Cancer Council SA (2021) - Resources for Early Childhood Centres - [cancersa.org.au/prevention/sunsmart/sunsmart-program/early-childhood-centres/resources-early-childhood/#curriculum](https://cancersa.org.au/prevention/sunsmart/sunsmart-program/early-childhood-centres/resources-early-childhood/#curriculum)
- DECD Inclement Weather & Sun Protection Procedure



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