



# TROTT PARK KINDERGARTEN

## SUN SMART POLICY

### Rationale

Australia has the highest incidence of skin cancer in the world, with 2 out of 3 people developing some form of skin cancer in their lifetime. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. 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 recommends that a skin protection policy be in place from 1 September until 30 April when UV radiation levels are at 3 and above.

### Aims

The aims of Trott Park Kindergarten sun smart 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 decision making about skin protection.
- Awareness of the need for environmental changes in our centre to reduce the level of sun exposure when the UV radiation level is 3 and above.

### Implementation

This policy is for implementation from 1 September to 30 April. Outside of this time care will be taken when the ultra violet radiation level is 3 (moderate) and above. It is an expectation that all staff, children and parents of Trott Park Kindergarten will use the following skin protection strategies:

- Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above. Whenever possible plan outdoor activities before 10am or after 3pm or in the shaded areas of the kindy.
- Plan for and provide play experiences in the shade of trees, pergolas, umbrellas and tents whenever outdoors.
- Wear appropriate clothing which protects the skin:
  - children, staff and parents will be expected to wear a broad brimmed hat, legionnaire's style hat or a bucket hat (with a deep crown and minimum 5cm brim for children and 6cm brim for adults). Children not

wearing an appropriate hat will be expected to play in the shade under the verandah or wear a spare kindy hat when available.

- Children will be encouraged to wear shirts with collars and at sleeves and longer style shorts/skirts. Tank tops and spaghetti strap tops are not recommended.
  
- Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above. Whenever possible plan outdoor activities before 10am or after 3pm or in the shaded areas of the kindy.
- Plan for and provide play experiences in the shade of trees, pergolas, umbrellas and tents whenever outdoors.
- A broad spectrum sun cream, water resistant sunscreen with an SPF of 30+ will be applied by parents prior to Kindergarten each day.
- Parent will be encouraged to supply sunscreen for their children, preferably in a named roll on container. Bulk sunscreen packs will be available at Kindergarten for children without their own sunscreen.
- Sunscreen will be reapplied at part of the lunch time routine, allowing adequate time before afternoon outdoor play.
- Staff will model appropriate Sun Smart strategies in all service activities.
- Sun smart strategies and skin cancer prevention will be included in developmentally appropriate teaching and learning experiences.
- Information about the centre's Sun Smart Policy will be given to all new parents, staff and families.

Signed \_\_\_\_\_ (Governing Council Chairperson)

Date \_\_\_\_\_ Review Date \_\_\_\_\_