

Sun Smart Procedures



Rationale

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer. Sun exposure in the first ten years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

Preschools are ideally placed to help reduce the incidence of skin cancer by the promotion of safe practices and choices regarding exposure to UV sunrays.

The Cancer Council recommends it is not necessary to wear hats and sunscreen when the UV is below 3 (May- August). The UV at Elizabeth Vale Preschool is monitored daily, and children are encouraged to make appropriate decisions as independent learners when the UV is below 3.

If you are concerned about Vitamin D levels in your child, please contact your G.P.

1.0 TITLE

Sunsmart and Hot Weather Procedures

2.0 PURPOSE

The Sunsmart Early Childhood Program was set up by the state based Cancer Councils to help early childhood educators and care providers devise and implement sun safe policies, procedures and practises.

The program can also help early childhood educators and child care providers bring out-of date sun protection policies up-to-date with current recommendations.

3.0 SCOPE

The Sun Smart Program was designed for all child care providers including family day carers, long day care centres, occasional care centres, preschools, work based services and mobile services and hundreds of providers across the country have already signed up.

4.0 OBJECTIVES

1. To ensure that all children, staff and families are protected from skin damage caused by harmful Ultra Violet Sunrays (UVR).
2. To raise awareness and promote positive attitudes towards skin protection with children, staff and children.
3. To promote lifestyle practices that help reduce the incidence of skin damage.
4. To ensure staff practices consider weather conditions when setting up learning spaces and modifying programmes.
5. To promote personal responsibility and decision making about skin protection.

5.0 DETAILS

5.1. Strategies for minimising heat related stress and UV exposure during hot weather.

1. Educators will monitor and gauge the outside temperature and bring the children, and themselves, into an air conditioned building when the outdoor temperature is high and the conditions are extreme.
2. Children are encouraged to drink water regularly during the session.

5.2 Hats and clothing.

1. All children and staff MUST wear a hat outside when the UV is 3+ and especially between the months of September and April. A broad brimmed or legionnaire is supplied to each child as part of school fees.
2. Suitable 'spare' hats will be provided by the Preschool, to ensure that no child is excluded from participating within the outside learning environment. They will be laundered after use.
3. Clothing is recommended to have sleeves. Reminders will be given to families when children arrive in unsuitable attire i.e. tank tops, sleeveless dresses.

5.3 Sunscreen

1. SPF 30+ broad spectrum Sunscreen will be provided for children as required
2. Preschool children will be encouraged to apply their own sunscreen with adult supervision.
3. On enrolment families will complete and sign the permission form to apply sunscreen for their child.
5. The centre will incorporate sun and skin awareness activities into programs with the children. Sunsmart behaviour is regularly reinforced and promoted to the community via information sheets, posters and newsletters.
6. Staff will model positive skin protection behaviour by wearing suitable hats and appropriate clothing for outdoor experiences. We will encourage all visitors, volunteers and families to do the same when engaged in the outdoor preschool environment.

7. The Governing Council has a commitment to ensuring that we meet the Cancer Council SA Guidelines on providing adequate shade in the yard.

6.0 MONITORING, EVALUATION AND REVIEW

Oversight: Julie Murphy Principal

Implementation: All educators.

Monitoring: All educators.

7.0 ASSOCIATED DOCUMENTS

Supporting documents

Cancer Council Australia

Acknowledgements-

Parafield Gardens Children's Centre

LeFevre Kindergarten

Ilnido Children's Centre

Mawson Lakes Preschool

Policy Implementation- Jan 2014

Current Policy ratified – Sept 2015

Policy Review- Jan 2017

For additional information available: <http://cancer.org.au/>

