

# Skin Protection Policy

## Policy Statement

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 85.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

The Cancer Council SA advises people to protect their skin at times when the ultraviolet (UV) radiation level is 3 and above – this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from August to April – it is during these months that sun protection is necessary.

It is highly recommended that UV radiation levels are monitored, particularly during the months of May to July as they still may be 3 or above.

The Cancer Council also recommends that particular care should be taken during these months between 10am – 3.00pm, when the UV radiation levels are at their highest.

## Aims

The aims of the Nuriootpa Community Children's Centre Skin Protection Policy are to promote among children, staff, parents and families:

- 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, and 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 at the Nuriootpa Community Children's Centre all year round. During the months of August to April all children and staff will be required to wear appropriate sun protection – Hat (broad brimmed, bucket or legionnaires style), Clothing that protects arms/shoulders, and sunscreen applied when the UV is above 3.

Outside of this time children and staff will be encouraged to wear hats and or beanies, (for the cooler weather).

The purpose of this policy is to ensure that all members of our Centre are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, children and parents of the Nuriootpa Community Children's Centre will use the following skin protection strategies:

1. Take care to protect the skin when the ultra violet radiation level is 3 (moderate) and above. Extra care should be taken between 10am and 3pm when UV radiation levels are highest, and when indicated by the Cancer Council Board of Meteorology.

2. Children will be actively encouraged to seek shade for outdoor play experiences. Outdoor experiences will be planned to occur in shaded areas
3. Wear appropriate clothing which protects the skin.
  - a. Children, staff and parents will be expected to wear a broad brimmed hat, legionnaire style hat, or bucket hat whenever they are involved in outside experiences at the Centre. Children not wearing an appropriate hat will be expected to play in the shade.
  - b. Children will be encouraged to wear shirts with at least elbow length sleeves and longer style shorts/skirts.
4. Apply a broad spectrum, water resistant sunscreen with an SPF of 30+ to clean, dry skin, before going outdoors. Families are asked to apply sunscreen on their children before arriving or upon arrival to the Centre. Sunscreen will then be re-applied over the day.
5. Children under 12 months of age will not be exposed to direct sunlight, when the UV index is 3 or above.
6. Sun Protection will be considered when excursions are planned, particularly time of day and availability of shade.
7. Reinforcing the SunSmart message in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.
  - a. Staff will be encouraged to role model appropriate SunSmart strategies in all service activities.
  - b. Skin Cancer prevention will be included in appropriate teaching activities.
  - c. Staff will be encouraged to keep up to date with new information and resources from the Cancer Council SA.
  - d. Information about the Centre's SunSmart Policy will be given to all new staff, children and families.
8. The Nuriootpa Community Children's Centre Skin Protection Policy will be evaluated on a bi-annual basis.
  - a. Policy issues will be discussed at staff and parent meetings.

## Sources

The Cancer Council SA  
Helpline 13 11 30  
[www.sunsmart.org.au](http://www.sunsmart.org.au)

**Endorsed April 2017**  
**Next Review April 2019**