

Sun protection policy for OSHC and Holiday Care.

OSHC's Sun Protection Policy

This policy applies to all school events on and off-site.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This sun protection policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe outdoor environment that provides shade for children and staff at appropriate times
- assist children to be responsible for their own sun protection
- ensure families and new staff are informed of the service's sun protection policy.

Implementation times

Staff are encouraged to access the daily local sun protection times on the SunSmart app, www.myuv.com.au or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv> to assist with the implementation of this policy.

Before school care: sun protection is not required as the UV radiation levels are rarely 3 and above during this time.

Between 1 August and 30 April, it is recommended to apply sunscreen to assist with sun protection for the remainder of the day.

After school care: sun protection is required between 1 August and 30 April, and whenever the UV is 3 and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required between 1st May and 31st July.

Holiday care: sun protection is required for all outdoor activities from 1 August to 30 April and whenever the UV is 3 and above at other times.

1. Clothing

When attending the service, children are required to wear loose fitting clothes that covers as much skin as possible. Clothing made from cool, closely woven fabric is recommended. It includes tops with collars and elbow length sleeves, longer style dresses and shorts, and rash tops or t-shirts for outdoor swimming.

2. Sunscreen

- SPF 30 or higher broad spectrum, water resistant sunscreen is available for staff and children's use or families are required to provide SPF 30 or higher broad spectrum, water resistant sunscreen for their child's use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors.
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or pediatrician.

3. Hats

All children and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable.

4. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management ensures there is enough shelters, portable shade structures and trees providing shade in the outdoor areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Where possible during holiday care, outdoor activities are scheduled outside of the peak UV radiation times of the day. A combination of skin protection measures are considered when planning outdoor events e.g. excursions and water based activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

5. Scheduling practices

- When the UV is 3 and above, the following scheduling practices are required:
- Morning tea is eaten in shaded areas.
- Lunch is eaten in shaded areas.
- Afternoon tea is eaten in shaded areas.
- Outdoor activities and excursions scheduled earlier in the day during holiday care.
- Shade considered when planning outdoor activities.
- Play in shaded areas is encouraged.
- Indoor play is allowed.

6. Sunglasses (staff - optional)

Where practical, children and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067.1:2016 (Sunglasses: lens category two, three or four) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

7. Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

Volunteers and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when attending activities.

8. Education

- Sun protection is incorporated into educational activities to support children's well-being, learning and development.
- The sun protection policy is reinforced through staff and children's activities and displays.
- Staff and families are provided with information on sun protection through newsletters, posters on noticeboards and the service's website.
- A reminder email is sent to families the day before excursion as reminder of sun protection requirements.

Legislation

This policy relates to the following National Law and Regulations:

- **Education and Care Services National Law Act 2010**
 - Section 167 – Protection from harm and hazards
- **Education and Care Services National Regulations 2011**
 - Regulation 100 – Risk assessment must be conducted before excursion
 - Regulation 113 – Outdoor space–natural environment
 - Regulation 114 – Outdoor space–shade
 - Regulation 168: Policies and procedures (2)(a)(ii)–sun protection
 - Regulation 170 – Policies and procedure to be followed
 - Regulation 171 – Policies and procedures to be kept available
 - Regulation 172 – Notification of change to policies or procedures.
- **Work Health and Safety Act 2012**

National Quality Standards

All of the following sun protection procedures link to:

- **Quality area 2: Children's health and safety.**

There are also links to:

- **Quality area 1: Educational program and practice**
- **Quality area 3: Physical environment**
- **Quality area 5: Relationships with children**
- **Quality area 6: Collaborative partnerships with families and communities**
- **Quality area 7: Governance and leadership.**

My Time Our Place

The sun protection procedures link to the following outcomes in the learning framework:

- **Outcome 2: Children are connected with and contribute to their world**
- **Outcome 3: Children have a strong sense of well-being**
- **Outcome 4: Children are confident and involved learners**
- **Outcome 5: Children are effective communicators.**

SunSmart activity book for kids

Fun Sid the Seagull simple activities such as colouring in, crossword puzzles and spot the difference.

<https://cms.cancersa.org.au/wp-content/uploads/2020/06/CCSA-SunSmart-Activity-Book-web.pdf>

Policy review

Management and staff regularly monitor and review the effectiveness of the sun protection policy (at least every three years) and revise the policy when required.

Date of next policy review: August 2026

Sun Protection Policy for OSHC and Holiday Care ratified by Flagstaff Hill Primary School Governing Council on 11/09/2023

Date of next policy review: August 2026

Relevant resources

Sun protection times

The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free SunSmart app, the free widget to place on your website (download via

<https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>), myuv.com.au, in the weather section of the newspaper or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv>.

Creating effective shade

This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit

<http://www.sunsmart.com.au/shade-audit>.

Generation SunSmart

Fun and interactive online sun protection modules for teachers, school nurses and year six to nine students. Visit <http://www.generationsunsmart.com.au/>.

SunSmart millionaire

How SunSmart are you? An innovative online game-based resource for children aged nine to 13 years that promotes the science behind the SunSmart message. Visit:

<https://app.education.nsw.gov.au/rap/resource/access/a0d1bab8-c857-4bf6-9b95-640d3776b20d/1>