



# SUN PROTECTION POLICY

## PURPOSE

While at OSHC, reasonable precautions and adequate supervision of children occurs at all times to ensure children are protected from harm and hazard. This includes sun protection with UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life (Cancer Council Australia).

## SCOPE

This policy applies to children, families, management, of the Out of School Hours Care Service.

QUALITY AREA 2: CHILDREN’S HEALTH AND SAFETY		
2.1	Health	Each child’s health and physical activity is supported and promoted.
2.1.1	Wellbeing and comfort	Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s needs for sleep, rest and relaxation.
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
QUALITY AREA 3: PHYSICAL ENVIRONMENT		
3.1.1	Fit for Purpose	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child
EDUCATION AND CARE SERVICES NATIONAL LAW		
167	Protection from harm and hazards	
EDUCATION AND CARE SERVICES NATIONAL REGULATIONS		
100	Risk assessment must be conducted before excursions	
113	Outdoor space natural environment	
114	Outdoor space shade	
168	Education and care service must have policies and procedures	



168 (2)(a)(ii)	Sun Protection
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## 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 the UV is 3 and above does not put people at risk of vitamin D deficiency.

Our OSHC Service is expected to work in compliance with the *Cancer Council of SA* to ensure children's health and safety is maintained at all times whilst at the Service. This policy applies to all activities on and off site.

This sun protection policy has been developed to:

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

## IMPLEMENTATION

### Monitoring UV Levels

Sun protection is required when UV levels reach level 3 or above. Educators monitor the UV levels daily through one or more of the following methods:

- using the smartphone *SunSmart app* available at iTunes App Store and Google Play store
- viewing the Bureau of Meteorology website <http://www.bom.gov.au/>





## Sun Protection Requirements

- **Before school care:** sun protection is not required, as the UV Index is rarely 3 and above at this time.
- **After school care:** sun protection is required during terms 1 and 4, and whenever the UV is 3 and above at other times. Educators are encouraged to access the daily local sun protection times to determine if sun protection measures are required during terms 2 and 3.
- **Vacation 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.

## OUTDOOR ACTIVITIES

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times, when the UV Index is 3 or above. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, a combination of sun protection is recommended for all skin types.

The OSHC Service is expected to use a combination of sun protection measures (see below) whenever UV Index levels reach 3 and above.

## SUN PROTECTION TIMES

From the beginning of August until the end of April

Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

The sun protection measures listed are used for all outdoor activities. A combination of sun protection measures is considered when planning all outdoor activities such as excursions and water play.

## CLOTHING

- when outdoors, educators and children are expected to wear sun safe clothing that covers as much of the skin as possible. Cancer Council Australia recommends clothing that:
  - covers the shoulders, back and stomach
  - is loose fitting such as loose-fitting shirts and dresses with sleeves and collars or covered neckline, or longer style skirts, shorts and trousers.





- children who are not wearing sun safe clothing can be provided with spare clothing or expected to play under shade or in an area protected from the sun.

*Please note: Midriff, crop, sleeveless or singlet tops or dresses do not provide enough sun protection and therefore are not recommended.*

## SUNSCREEN

As per Cancer Council Australia recommendations:

- the service is expected to supply educators and children with SPF50 or higher broad-spectrum water-resistant sunscreen to apply 20 minutes before playing in full sun and reapply every 2 hours
- where children have allergies or sensitivity to the sunscreen, parents are asked to provide an alternative sunscreen, or the child is encouraged to play in the shade. A record of any allergy must be provided in writing from the parent/guardian and recorded on the child's enrolment record.
- sunscreen is stored in a cool, dry place and the use-by-date monitored.

## HATS

Educators and children, are expected to wear sun safe hats at all times they are outdoors. Cancer Council Australia describes sun safe hats as:

- hats that protect a person's face, neck, and ears, which include:
  - a legionnaire hat – the front peak and flap should overlap at the sides and the flap should cover the neck
  - a bucket hat
  - a broad brimmed hat

*Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.*

- children without a sun safe hat are expected to be asked to play in an area protected from the sun *or* they may be provided with a spare hat if available at the OSHC Service.



## SHADE

Management, Nominated Supervisor are expected to ensure:

- sufficient natural, portable, or man-made shade is provided, particularly in high use areas
- shaded areas are expected be used for play experiences
- play experiences are expected to be monitored throughout the day and moved as required to remain in the shade
- regular risk assessments and reviews are expected to be made of the outdoor area to assist in planning for further shade requirements
- children who do not have appropriate hats or outdoor clothing are required to choose a shady play space or a suitable area protected from the sun and not move to unshaded areas of the playground
- children are expected to wear hats, protective clothing, and sunscreen if playing under natural or portable shade

## RISKS OF SUMMER PLAY

Australia has a hot climate and inevitably playground equipment and surfacing can heat up rapidly and retain heat. Many playground surfaces and equipment can exceed temperatures greater than 50°C and if young children come into contact with these surfaces, they can be burned severely within seconds.

The Approved Provider, Nominated Supervisor and educators are expected to:

- ensure risk assessments are conducted to identify any potential hazards to children during summer months that could cause harm or injury to children. Risk minimisation control measures are expected to be put in place to protect children. Potential hazards could include:
  - hot equipment- slides, poles, guardrails, any metal surfaces
  - hot surfaces- rubber and synthetic grass, walkways, concrete surfaces
  - sun burn
  - access to bodies of water (filled water troughs/containers/trays/pools)
- use their hand to test surface temperature and make an informed decision about permitting children to play on equipment or in the outdoor space. If the surface temperature is determined to be too hot it is recommended by Kidsafe Australia that children do NOT play on the surface
- ensure children wear shoes at all times when playing in the outdoor





## ROLE MODELLING, WORK, HEALTH AND SAFETY

Cancer Council Australia acknowledges that children are more likely to develop sun-safe habits if they are role-modelled and demonstrated by adults around them. Occupational UV exposure is also a WH&S issue. All educators at the OSHC Service are expected to role model appropriate sun protection behaviours by:

- wearing a sun safe hat (see Hats)
- wearing sun safe clothing (see Clothing)
- applying SPF50+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors
- using and promoting shade
- wearing sunglasses that meet the Australian Standard 1067 (optional)
- discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the OSHC Service
- families and visitors are encouraged to role model positive sun safe behaviour
- monitoring the UV Index Levels and Daily Sun Protection Times throughout the day
- regularly monitoring and reviewing the effectiveness of the *Sun Safety Policy*
- submitting the Sun Safety Policy to the Cancer Council every three years to maintain SunSmart status (required if a SunSmart member).

## EDUCATION AND INFORMATION

- Sun protection is expected to be incorporated regularly into learning programs
- Sun protection information is expected to be promoted to educators, families and visitors
- Educators are encouraged to complete free Cancer Council Generation SunSmart online PL learning modules.
- The *Sun Safety Policy* is expected to be made available to all educators, families, and visitors of the OSHC Service to ensure a comprehensive understanding about keeping sun safe including appropriate hat, clothing and sunscreen requirements
- Information about Sun Safety is expected to be included in our Family Handbook and sun protection information and resources made accessible and communicated regularly to families

## ROLES AND RESPONSIBILITIES





Nailsworth

Primary School

Out of School Hours Care

The Director is expected to be responsible for:

- monitoring the UV rating and consequent decision making about planned activities.
- ensuring all children can access a hat.
- ensuring that all children can have access to sunscreen.
- ensuring that the sunscreen provided is within the use-by date.

MONITOR, REPORT, REVIEW

AUTHOR	Kathryn Linke	DATE	12.3.24
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POLICY REVIEWED		NEXT REVIEW DATE	

