



East Adelaide School Out of School Hours Care

Sun Protection Policy.

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Last Review October 2020
Next Review: October 2023

1. Background

A balance of ultraviolet (UV exposure) is necessary for good health. Too little exposure results in a lack of vitamin D and too much exposure results in sunburn, eye damage and cancer. It is important for OSHC services to ensure that children and educators are exposed to the right balance of UV radiation to promote good health. Exposure to ultraviolet radiation is the method by which the human body makes vitamin D. This vitamin is vital for healthy bones, muscles and teeth. It is necessary for regulating our immune systems, our hormones, and our nervous system. Lack of Vitamin D can result in some very serious illness, including diabetes, heart disease and cancer. An appropriate level of exposure to the sun is vital to maintain our health.

2. Relationships to Other Policy/Regulation

Regulations	National Quality Standard	Other policies/service documentation	Other legislation/Guidelines
168	2.3	Child-safe Environment Policy	OHS&W Act/Regulations
114		Excursion Policy	
249 (2) Transitional arrangements for shade		Sun Protection Policy is included in both staff and family handbooks.	

3. Definitions

Dfe - Department for Education

ACECQA – Australian Children’s Education and Care Quality Authority

4. Policy Statement on Sun Protection

East Adelaide OSHC service provides a balanced approach to ultraviolet radiation exposure. This approach will follow the current scientific advice on UV exposure and provide children and educators with the opportunity for safe and protective UV exposure related to the UV index and will be seasonal in nature.

The service will act to ensure the appropriate level of UV exposure by:

- Encouraging the use of sun-smart techniques as outlined in the Cancer Council SA Sun Smart Policy.
- Accessing the current predicted UV index rating from May to August.
- Encouraging the use of a combination of sun protection strategies when the UV is 3 and above.
- Encouraging safe levels of exposure when the UV is below three.



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- Requiring educators to model good sun-safe practices.
- Encouraging children to take responsibility for their own sun protection.
- Providing an environment that allows children and educators to access areas of both sun and shade.
- Ensuring families, educators and staff are informed about the service's sun smart policy.

4.1 Implementation Times

As recommended by the Cancer Council of South Australia, the service will implement sun protection as per the following guidelines:

- **Before school care:** sun protection is not required as the UV radiation levels are rarely above 3 during this time.
- **After school care:** sun protection is required during terms one and four, 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 during terms two and three.
- **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

4.2 Shade and Protection

- In South Australia, the months of highest UV radiation are from September to April. During these months and when the UV level is above 3, the service will follow protective practices and educators will model these at all times that are designated by the service.
- The service will be mindful of programmed outdoor activities that occur during the peak UV periods of the day and will endeavour to limit these activities or conduct them in shaded areas (i.e. shaded play or indoor swimming venues will be accessed where possible)

4.3 Appropriate sun-safe equipment that the service will promote:

- The service will provide SPF 30+ broad spectrum sunscreen and will advise families of the brand in case there are allergies to be considered.
- Hats need to be broad brimmed, legionnaire or bucket style. These must provide shade for the face and neck. Caps are not sufficient.
- Clothing should include collared shirts with covered shoulders, and longer style dresses. A close fitting t-shirt or similar should be worn for swimming activities.
- Children and educators will be encouraged to wear sunglasses.
- Children who do not have appropriate sun-smart clothing, hat or are unable or unwilling to wear sunscreen will be required to play in shaded areas only.

4.4 Safe Exposure:

- The service will aim to provide an appropriate level of sun exposure during the safest seasonal period, which in South Australia is between May and August and when the UV rating is below 3.



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- An appropriate level of sun exposure varies depending on skin type, day to day activity, and UV rating.
- The service recognises that children may have had some exposure during the school day and educators should check the Cancer Council of South Australia's current recommendations for exposure.

5. Roles and Responsibilities

5.1 For sun protection, the director and educators will:

- Ensure that the service has a SPF 30+ broad spectrum water resistant sunscreen that is within its used-by date.
- Model effective sun protection strategies by always wearing a sun-safe hat when outside in accordance with the service policy, by wearing protective clothing and sunglasses, by using an SPF 30+ broad spectrum sun screen, and by seeking shade whenever possible.
- Support younger children and encourage older children to appropriately apply and SPF 30+ sunscreen before going outdoors. Families will be advised of this practice in the family handbook.
- Ensure that all children wear a sun-safe hat when outside, as per the policy.
- Ensure that all children wear appropriate sun-safe clothing.
- Encourage children to wear sunglasses if available.
- Encourage children to access shaded areas for outdoor play.
- Ensure that children who do not have appropriate sun-safe clothing and hat or are unable or unwilling to wear sunscreen will be required to play in shaded areas only.
- Assist and encourage children to appropriately apply an SPF 30+ water resistant sunscreen 30 minutes before entering the water and reapply it according to the product's instructions.
- Take every opportunity to discuss 'sun smart' procedures with children.

5.2 For safe exposure, the director and educators will:

- Check the current UV rating to ensure it is under 3.
- Model appropriate exposure to UV during the months of May to August and when the UV rating is below 3.
- Be required to wear sun protective equipment.
- Be vigilant and guide the children to use sun protective equipment.
- Discuss 'Sun Smart' procedures with children.

5.3 Families and children will:

- Be encouraged to become familiar with the policy requirements and support the educators by dressing appropriately for the conditions, including wearing a hat.



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6. References

1. Cancer Council of SA Sun Smart OSHC and Vacation Care Checklist at <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/primary-schools/resources-primary-oshc/>
2. Cancer Council of SA for general information and resources at www.cancersa.org.au
3. Safework SA – Heat and UV at <https://www.safework.sa.gov.au/workers/health-and-wellbeing/heat-and-uv>