

# Our Lady of Hope Greenwith Campus Outside School Hours Care



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## POLICY DOCUMENT

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## SUN PROTECTION

## 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 skin damage (for example sunburn). 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.

## POLICY STATEMENT

The Our Lady of Hope Greenwith Campus 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:

- Accessing the current predicted UV index rating from Sunsmart.
- Encouraging the use of a combination of sun protection strategies.
- Encouraging safe levels of exposure.
- Requiring educators to model good sun-safe practices.
- Encouraging children to take responsibility for their own sun protection.
- Allow children and educators to access areas of both sun and shade.
- Ensuring families, educators and staff are informed about the service's sun-protection policy.

## RELATIONSHIP

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

## HOW THE POLICY WILL BE IMPLEMENTED

### OVERVIEW

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 practices.

## ULTRAVIOLET INDEX (UV INDEX)

In consultation with SunSmart and the World Health Organisation, our service has deemed three distinct categories for sun exposure to the children. When the ultraviolet index levels are 1-2, it will be classified as 'safe exposure', meaning minimal protective practices will apply. When the ultraviolet index levels are 3-10, it will be classified as 'protective exposure' meaning all protective practices will apply. When the ultraviolet index levels are above 11, it will be classified as 'impractical exposure' meaning it will be impractical to be exposed to the sun.

UV Index	Category	Procedure
01-02	Safe Exposure	Minimal Protective Practices
03-10	Protective Exposure	All Protective Practices
11+	Impractical Exposure	No Sun Exposure

## SUN SMART

In accordance with the SunSmart policy for schools, this policy has been constructed closely with the five focus areas seek, slip, slop, slap and slide. This will ensure our service provides a holistic approach to protecting staff and children from sun exposure and minimise skin damage.

## PHYSICAL ENVIRONMENT (SEEK)

- When the UV Index is in the safe exposure or protective exposure categories, the service will facilitate activities in areas that have sufficient levels of shade as well as areas that are directly in sunlight.
- When the UV Index is in the impractical exposure category, the service will restrict children going outside and provide alternative environments for children to play in that ensures limited exposure to sunlight occurs. These restrictions are predicted to happen during September to April between the times of 11am and 3pm.

## PROTECTIVE CLOTHING (SLIP)

- When the UV Index is in the safe exposure or protective exposure categories, the service will ensure children are wearing protective clothing for sun exposure. This includes wearing the correct school uniform during the school term and practical clothing during Vacation Care (for example wearing tops with sleeves).
- When the UV Index is in the impractical exposure category, the service will limit the children's play outside. However, protective clothing should be worn to ensure children are allowed to participate in outdoor activities once the UV index has dropped to the protective or safe exposure category.
- In accordance with other policies, children are required to wear appropriate enclosed shoes when attending the service and therefore their feet should be protected from sun exposure when engaging in outdoor activities.

## PROTECTIVE HATS (SLAP)

- When the UV Index is in the safe exposure or protective exposure categories, the service will ensure children are wearing suitable protective hats for sun exposure.

This includes wearing a broad brimmed hat, other types of hats will not be accepted as a suitable alternative (for example caps or visors).

- When the UV Index is in the impractical exposure category, the service will limit the children's' play outside however, children should still have access to suitable sun smart hats to participate in outdoor activities once the UV index has dropped to the protective or safe exposure category.
- Whilst attending OSHC, Children from both schools are expected to wear a sun-safe hat (broad brimmed purchased from OSHC and kept at OSHC) for Term 1, 3 & 4 and the school holidays.

### SKIN PROTECTION / SUNSCREEN (SLOP)

- When the UV index is in the safe exposure category, sunscreen will not be provided for students to allow their skin to have safe exposure to the sun and increase their vitamin D levels.
- When the UV index is in the protective exposure category, sunscreen (SPF30+) will be provided for students to apply in order to ensure further protection from sun exposure. Students who have allergies will provide their own sunscreen and be required to apply it during this exposure category.
- When the UV Index is in the impractical exposure category, the service will limit children's' play outside however, children will still have access to sunscreen to participate in outdoor activities once the UV index has dropped to the protective or safe exposure category.

### EYE PROTECTION (SLIDE)

- The service will encourage families to provide sunglasses for their children. However, it will not be mandatory to wear sunglasses due to the financial cost for families providing practical eye protection for children.

### OVERVIEW (SEEK, SLIP, SLOP, SLAP, SLIDE)

	SAFE EXPOSURE (UV 1-2)	PROTECTIVE EXPOSURE (UV 3-10)	IMPRACTICAL EXPOSURE (UV 11+)
<b>PHYSICAL ENVIRONMENT</b>	All outside environments	Outside environments with shade where possible	No sun exposure
<b>PROTECTIVE CLOTHING</b>	School uniforms or practical casual clothes	School uniforms or practical casual clothes	No sun exposure
<b>PROTECTIVE HATS</b>	No hat required.	Suitable hats to be worn.	No sun exposure
<b>SKIN PROTECTION</b>	No sunscreen required.	SPF30+ provided and applied	No sun exposure
<b>EYE PROTECTION</b>	Encouraged but not mandatory	Encouraged but not mandatory	No sun exposure

#### **DIRECTOR / ASSISTANT DIRECTOR WILL:**

- Observe the UV Index daily on our website (SunSmart) at 7:00 am and advise educators of which exposure level category they will need to adhere to during operational hours of the service.
- Organise and/or provide alternative venues for scheduled outdoor activities during the impractical exposure when practical. If no suitable venue can be provided the scheduled outdoor activity will be delayed until the UV index reaches an acceptable exposure level.
- Ensure the sun protection policy is being adhered to by educators by providing a suitable protective hat for staff, allow access to sunscreen, ensure correct uniform is worn and encourage staff to wear protective eyewear when facilitating outdoor activities.

#### **EDUCATORS WILL:**

- Ensure the sun protection policy is being adhered to by children when the service is operational, and they are engaging in outdoor activities.
- Model safe sun protection practices to children by following the same guidelines set for all stakeholders at the service. Educators will wear their provided uniform correctly, always wear an appropriate hat when outside, wear sunscreen when applicable and wear sunglasses if they have them.

#### **FAMILIES AND CHILDREN WILL:**

- Families will familiarise themselves with the sun protection policy to ensure their children will be able to adhere to the policy whilst attending OSHC. This includes ensuring they have an appropriate protective hat, wearing their correct uniform to school or appropriate clothing during vacation care and wearing appropriate enclosed footwear.
- Children will adhere to the sun protection policy whilst engaging in outdoor activities at the service. If children are unable to adhere to the policy, they will not be allowed to participate in outdoor activities. This includes not having access to appropriate hats, clothing or footwear and choosing not to follow the policy for example, refusing to wear sunscreen.

#### **EXTREME HEAT PROCEDURE:**

- In accordance with the Our Lady of Hope Sun Protection policy and Hot Weather policy, children will not be allowed to engage in outdoor activities if the temperature is above 36°C. Children will have access to water to ensure they remain hydrated during extreme heat.
- If the temperature is above 36°C for a Vacation Care excursion, the director will assess the nature of the excursion and cancel the excursion if it is determined that the excursion has unavoidable outdoor activities.

**RESOURCES/REFERENCES**

- SA OHS&W Regulations 2010  
[www.safework.sa.gov.au/search/google\\_search.jsp?q=sun+protection+](http://www.safework.sa.gov.au/search/google_search.jsp?q=sun+protection+)
- DECD Hat Wearing Guidelines for Policy Development  
[www.decd.gov.au/policiesa-z](http://www.decd.gov.au/policiesa-z)
- CESA Guidelines  
<http://online.cesamet.adl.catholic.edu.au/docushare/dsweb/HomePage>
- UV & Sun Protection (Sun Smart)  
<http://www.sunsmart.com.au/uv-sun-protection>
- UV & Sun Protection Times (Bureau of Meteorology)  
<http://www.bom.gov.au/uv/?ref=ftr>
- Our Lady of Hope Sun Protection Policy  
[http://www.oloh.catholic.edu.au/docs/sun\\_protection.pdf#view=fit](http://www.oloh.catholic.edu.au/docs/sun_protection.pdf#view=fit)

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**(Chairperson)**

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**(Date Reviewed)**

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**(Principal)**

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