

Our Lady of Hope Greenwith Campus Outside School Hours Care



POLICY DOCUMENT

SUN PROTECTION

BACKGROUND

The sun's ultraviolet (UV) radiation can't be seen or felt and is most intense during the middle of the day. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. Infants and toddlers up to four years of age are particularly vulnerable to UV damage due to lower levels of melanin and a thinner stratum corneum (the outermost layer of skin). UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

By teaching sensible sun protection habits from an early age and implementing sun protection measures, early childhood services can play a significant role in reducing skin cancer risk.

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. An appropriate level of exposure to the sun is vital to maintain our health. Sensible sun protection when the UV is 3 and above does not pose a risk for vitamin D deficiency.

In South Australia, the months of highest UV radiation are from August to April.

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.

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.

HOW THE POLICY WILL BE IMPLEMENTED

Staff will access the daily local sun protection times on the SunSmart app to assist with the implementation of this policy.

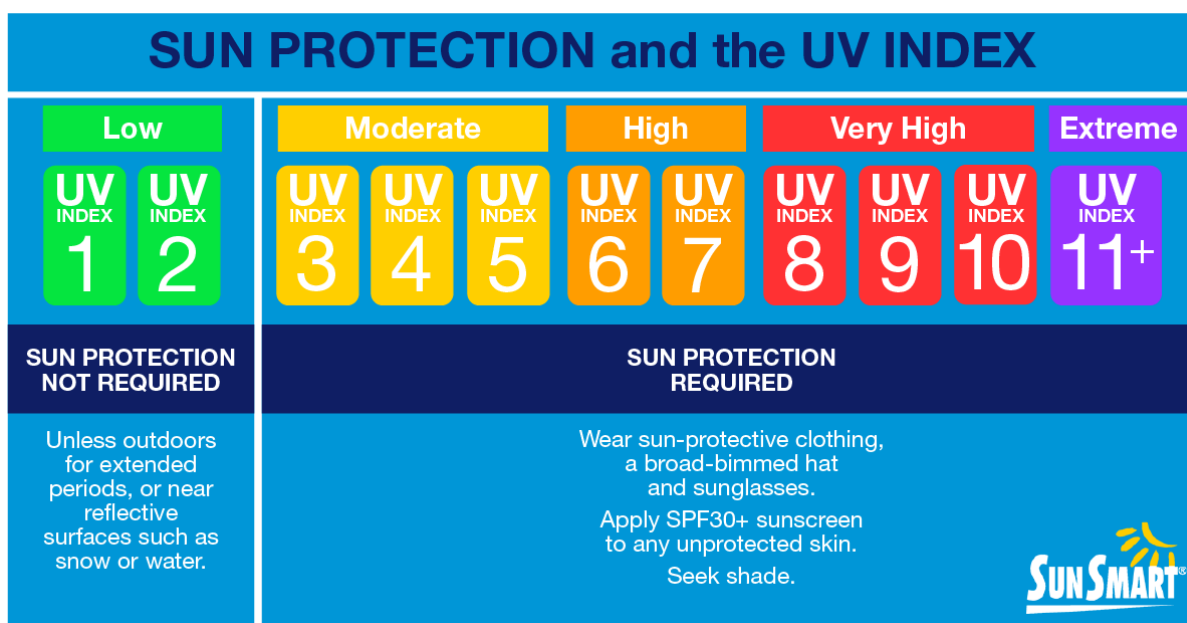
Before school care: sun protection is not required as the UV radiation levels are rarely 3 and above during this time.

After school care: sun protection is required during terms 1 and 4, 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 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.

ULTRAVIOLET INDEX (UV INDEX)

The UV Index is a tool that can be used to protect skin from UV radiation. The UV index is used to determine the time during the day that sun protection needs to be implemented.



Sun protection times are issued by the Bureau of Meteorology when the UV Index is forecast to reach 3 or above, therefore it is very useful to support Educator practices, especially in the set-up of outdoor play activities.

UV index levels are accessible via the following links/Apps:

<http://www.bom.gov.au/uv/>

<http://www.myuv.com.au/>

<https://itunes.apple.com/au/app/sunsmart/id402707467?mt=8>

<https://play.google.com/store/apps/details?id=au.org.cancervic.sunsmart>

<https://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/uv-alert-widget.html>

SUN SMART

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

PROTECTIVE CLOTHING (SLIP)

- When the UV Index is 3 or above, 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 sun protective clothing during Vacation Care (for example wearing tops with sleeves).
- When attending the service, children are required to wear loose fitting clothing 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.
- 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.

SKIN PROTECTION / SUNSCREEN (SLOP)

- SPF 30 or higher broad-spectrum, water-resistant sunscreen is available for staff and children'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 paediatrician.
- When the UV index is below 3 sunscreen will not be provided for students to allow their skin to have safe exposure to the sun and increase their vitamin D levels.
- Students who have allergies will provide their own sunscreen

PROTECTIVE HATS (SLAP)

- Whilst attending OSHC, children from both schools are expected to wear a broad brimmed hat (purchased from OSHC) that protects their face, neck and ears e.g., all year round unless the UV rating is below 3. Baseball caps are not a suitable alternative.

PHYSICAL ENVIRONMENT (SEEK)

- Where possible during vacation 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.
- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management ensures there is a sufficient number of 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.
- 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.
- Morning Tea, Lunch and Afternoon Tea are eaten under the verandah.

EYE PROTECTION (SLIDE)

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

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 peak UV times of the day when practical. If no suitable venue can be provided the scheduled outdoor activity will be rescheduled outside of the peak UV times of the day, or in the shade, where possible.
- 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.
- Incorporate sun protection educational activities into the program to support children's well-being, learning and development.
- Reinforce the Sun Protection Policy through staff and children's activities and displays.
- Provide information on sun protection through newsletters, noticeboards and the service's website.
- Regularly monitor and review the effectiveness of the Sun Protection Policy (at least every three years) and revise the policy when required.

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.
- For Work Health and Safety, model safe sun protection practices to children by following the same guidelines set for all stakeholders at the service.
 1. wear a sun protective hat and clothing,
 2. wear sunglasses
 3. apply SPF or higher broad-spectrum water-resistant sunscreen
- Seek shade whenever possible

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.

VISTORS AND VOLUNTEERS WILL:

- Use a combination of sun protection measures when participating in or attending outdoor activities with the Service.

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.

LINKS TO OTHER POLICIES

- Child safe Environment
- Enrolment and Orientation
- Excursions
- Governance and management
- Interactions with children
- Risk Assessments

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 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.**

REFERENCES/RESOURCES

- 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>
- Cancer Council SA – Resources for School and OSHC
<https://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/primary-schools/resources-schools-oshc/>
- ACECQA Sun protection policy and procedure guidelines (August 2021)

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 SUN SMART

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

SUNSMART MILLIONAIRES

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>

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>

(Chairperson)

(Date Reviewed)

(Principal)

(Date Reviewed)