

Our Lady of Hope Greenwith Campus Outside School Hours Care



POLICY DOCUMENT

SUN PROTECTION

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.

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

OBJECTIVES

This sun protection policy has been developed to:

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

PROCEDURES

IMPLEMENTATION TIMES

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. During Terms 1, 3 and 4 it is recommended to apply sunscreen to assist with sun protection for the remainder of the day. Hats are worn in Term 1 & 4 inline with school policy.

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.

SCHEDULING

- A combination of sun protection measures is considered when planning outdoor activities such as excursions, sporting activities and water-based activities.
- Outdoor activities and excursions are scheduled earlier in the day, during vacation care and play in shaded areas is encouraged as well as indoor play.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible or in the shade.
- Peak UV times of the day are when the UV is highest during the daytime. UV times of the day are 11.00 am-3.00 pm during daylight savings and 10.00 am-2.00 pm during non-daylight savings.
- Morning tea, lunch and afternoon tea are either eaten under the verandah or inside.

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 and the UV INDEX										
Low		Moderate			High		Very High		Extreme	
UV INDEX 1	UV INDEX 2	UV INDEX 3	UV INDEX 4	UV INDEX 5	UV INDEX 6	UV INDEX 7	UV INDEX 8	UV INDEX 9	UV INDEX 10	UV INDEX 11+
SUN PROTECTION NOT REQUIRED		SUN PROTECTION REQUIRED								
Unless outdoors for extended periods, or near reflective surfaces such as snow or water.		Wear sun-protective clothing, a broad-brimmed hat and sunglasses. Apply SPF30+ sunscreen to any unprotected skin. Seek shade.								
										

SUN PROTECTION MEASURES






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.

Think UV, not heat.

Check the UV regardless of the season—it doesn't have to be hot for UV to damage your skin.



Protect your skin in five ways when UV is 3 and above:

-  **Slip** on clothes that cover your arms and legs
-  **Slop** on SPF 50+ sunscreen 20 minutes before going outdoors and reapply every two hours
-  **Slap** on a broad brimmed hat or one that covers the head, face, neck and ears
-  **Seek** shade, particularly over the middle part of the day when UV is highest
-  **Slide** on close fitting sunglasses

1. 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.
- No singlet or midriff tops are allowed.
- 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.

2. SKIN PROTECTION / SUNSCREEN (SLOP)

- SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the school for student and staff use.
- Families with children who have sensitive skin are asked to provide a suitable SPF 50+ 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 are concerned about vitamin D requirements are encouraged to speak to 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.

3. PROTECTIVE HATS (SLAP)

- Whilst attending OSHC, children from both schools and staff 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.
- Spare hats are not given to children and if they arrive at OSHC without a hat they will not be allowed to participate in activities outside unless it is in a shaded area. If a child arrives at Vacation Care for an excursion without a hat they will be given a hat and the family will be charged.

4. SHADE (SEEK)

- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- Where possible during vacation care, outdoor activities are scheduled outside of the peak UV radiation times of the day.
- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students who are not wearing a SunSmart hat or appropriate clothing are asked to play in the shade or return indoors.

5. SUNGLASSES (SLIDE)

- Children and staff are encouraged to wear close-fitting, wrap-around sunglasses that provide the best protection against UV eye damage. Sunglasses should meet Australian standard AS/NZS 1067 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

6. STAFF WH&S & ROLE MODELLING

For work health and safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including:

- wearing sun protective hats, clothing, and sunglasses when outside
- applying SPF 50+ broad-spectrum, water-resistant sunscreen
- seeking shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor school activities.

7. LEARNING AND DEVELOPMENT

Sun protection is incorporated into the educational activities and/or planned experiences to support children's wellbeing, learning and development.

8. POLICY PROMOTION

Sun protection information and the sun protection policy is reinforced and promoted to the OSHC community through newsletters, emails, website, staff meetings, and enrolment/induction, and teacher activities and in student enrolment packs.

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

INDUCTION AND ONGOING TRAINING

Educators will cover all policies and procedures in their induction training. On going training will be provided at staff meetings.

POLICY REVIEW

- Our OSHC service will review the policy regularly (at last every 3 years) and revise the policy when required.
- The school and OSHC service will notify any relevant stakeholders should any significant policy updates be made.

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.**

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>.

TWINKL CURRICULUM RESOURCE

Free sun protection curriculum resources suitable for Foundation to Year 6 to be used in classroom teaching and learning activities.

Visit: [Foundation – Year 6 sun safety curriculum resources](#)

SUNSMART LITERATURE ACTIVITIES

Literature resource activities for over 20 picture books with various themes related to the sun, weather, the seasons, sun protection and skin.

Visit: www.generationsunsmart.com.au/sunsmart-literature-activities/

SID SEAGULL ACTIVITY BOOK

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

Visit: www.cancersa.org.au/uploads/sunsmart/SunSmart%20activity%20book%20for%20kids.pdf

SUNSMART HAT-WEARING TOOLKIT

Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behaviour to reach 100% compliance or to phase out baseball caps. Visit: <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit>

REFERENCES

- UV & Sun Protection (Sun Smart)
<http://www.sunsmart.com.au>
- 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/>

(Chairperson)

(Date Reviewed)

(Principal)

(Date Reviewed)
