



SUN SMART POLICY

Health and Safety

Approval Date: June 2023

To be reviewed: June 2025

Fairview Park out of Hours Care provides a balanced approach to UV exposure. The service understands that too much exposure leads to sunburn, eye damage and cancer, and that too little exposure leads to lack of Vitamin D which is vital for healthy bones, muscles and teeth. As such, an appropriate level of exposure to the sun is vital to maintain our health. Therefore, a combination of sun protection measures are used, including hats when the UV is 3 and above from the 1st August to 30th April and whenever UV levels are 3 and above at other times.

The service will act to ensure appropriate levels of exposure by:

- Encouraging the use of sun smart techniques.
- Accessing current predicted UV index rating.
- Educators will model sun safe practises.
- Follow school policy of hats when the UV rating index is 3 or above.
- Encourage children to take responsibility for their own sun protection.
- Create an environment that allows access to both sun and shade.
- Ensure families are informed about sun smart policies.

UV Levels and daily sun protection times will be checked daily for the forecasted levels and this information will be displayed in OSHC. The information will be gathered from the Bureau of Meteorology or the SunSmart app.

Sun Smart Behaviour

- Educators are required to act as role models for the children by practicing sun smart behaviour - wearing appropriate hats and clothing for outdoor activities, applying SPF 30+ or higher sunscreen to themselves and seeking shade at all times.
- Educators take an active role in educating the children about sun smart behaviours.
- Families and other visitors are encouraged to embrace sun smart behaviours, in particular when participating in or attending outdoor activities at the service which is communicated via email or phone conversation before commencing volunteer work with our service.
- Children are encouraged to use areas of shade for outdoor activities.
- Extra care is taken during peak UV times of the day during Vacation Care. Fairview Park OSHC will use SPF30 + or higher, broad spectrum water resistant sunscreen for general use. Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours or more often if swimming or sweating.
- At these times programmed experiences will be set up in shaded areas or indoor rooms such as the school hall, activities room or the computer suite.



- Shaded areas will be promoted from the beginning of August to the end of April, and when the UV level is 3 or higher. Outdoor experiences will be set up in the shade and moved as shade areas change during the day.
- For children and educators, a wide brimmed or legionnaire hats are considered a compulsory part of standard safe clothing when outdoors.
- If a child does not bring a hat to OSHC, the service will provide a hat.
- Parents are requested to dress their child in tops with collars or higher necklines and elbow length sleeves that cover the shoulders and longer style skirts, dresses and shorts to ensure adequate sun safe practices which reduce the amount of sun exposure to the skin. Rash tops or t-shirts over bathers are required for outdoor swimming activities.
- Children not wearing sun safe hats or clothing will be directed to play in shaded areas.
- Fairview Park OSHC will use SPF30 + or higher, broad spectrum water resistant sunscreen for general use. Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours or more often if swimming or sweating. Sunscreen is applied according to the SunSmart App or BOM website before going outdoors or during long outdoor activities.
- It is the family's responsibility to apply sunscreen at home before coming to the site, or applying sunscreen to their child when they arrive.
- Educators will encourage children to apply sunscreen themselves, however it is our duty to ensure that each child has applied the sunscreen correctly and sufficiently to protect them from the sun's rays.
- Educators will supervise the children as they apply sunscreen throughout the day, and model correct application.
- During vacation care this will be periodically throughout the day and upon arrival for after school hours' care.
- Given current research which shows the importance of unprotected sun exposure for vitamin D maintenance, sunscreen will not be applied to children from the beginning of May to the end of July, unless the UV level is 3 or above.
- If your child is sensitive to specific types of sunscreen, we encourage them to bring sunscreen from home for personal use whilst at OSHC.
- Staff and families are provided with information on sun protection and this policy is reinforced through displays, reminder letters and timetables.

Management and staff regularly monitor and review the effectiveness of the sun protection policy (at least every three years) and revise the policy when required.

REFERENCE

Cancer council of South Australia – sun smart OSHC and Vacation Care checklist

Cancer council of SA for general information and resources

SA OHS&W regulations 2010

DfE hat wearing guidelines



DFE hot weather policy (schools)

A Guide to Developing Policies for Out of School Hours Care

DECD 2014

RELATIONSHIP

REGULATION	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		Excursion policy	
		Sun protection policy is included in both staff and family handbooks	

SIGNED

Director

Date

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Principal

Date

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Chairperson

Date

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