



Sun Protection Policy

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 in the first 10 years of life is a major factor in determining future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Sun Smart Behaviour

- Staff 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.
- Staff take an active role in educating the children about sun smart behaviours.
- Families are encouraged to embrace sun smart behaviours.
- UV Levels will be checked daily for the forecasted levels and this information will be displayed in OSHC. The information will be gathered Bureau of Meteorology
- Children are encouraged to avoid direct exposure to the sun between 10am and 2pm (11am-3 pm daylight saving time) during Vacation Care. 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 September 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.
- Outside play will only be scheduled according to the daily UV rating.
- Wide brimmed or legionnaire hats are considered a compulsory part of standard safe clothing.
- Parents are requested to dress their child in tops with collars and sleeves that cover the shoulder.
- Children not wearing sun safe 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.
- 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.

- Staff 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.
- Staff 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 August, 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.

References

- Sun Smart Policy, 2013 Cancer Council of South Australia
- www.cancersa.org.au
- www.Sunsmart.com.au
- www.who.int
- www.cyh.sa.gov.au
- A Guide to Developing Policies for Out of School Hours Care
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