



Dara School

Out of School Hours Care

Sun Protection Policy

SUN PROTECTION OSHC POLICY

1. 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 sunburn, eye damage and cancer. 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 illnesses, including diabetes, heart disease and cancer. An appropriate level of exposure to the sun is vital to maintain our health.

2. SCOPE

This policy applies to children, families, educators, management, and visitors of the Service.

3. POLICY STATEMENT

The Dara School 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. It is recognised this will be seasonal in nature. This policy is acted upon in accordance with the Cancer Council SA Sun Smart policy and includes actions when the UV index is below 3, accessing the UV ratings during May to August and encouraging the use of a combination of sun protection strategies when the UV index is 3 and above.

4. IMPLEMENTATION

4.1 Shade and Protection

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 at all times, as designated by the Service. The Service will be mindful of programmed outdoor activities that occur during the peak UV periods of the day and will endeavour to limit these activities or conduct them in shaded areas (ie: shaded play or indoor swimming venues will be accessed where possible).

4.2 Sun-safe equipment

Where families are to provide sunscreen:

Families are to ensure their child/children have an SPF30+ or SPF50+ broad-spectrum water-resistant sunscreen for application throughout the day. Families are to ensure that sunscreen is labelled and educators are notified of the type and brand of sunscreen approved for their child/children to use.

Where Dara School OSHC provides sunscreen:

Dara School OSHC is committed to providing a safe and recommended brand of SPF30+ or SPF50+ broad-spectrum water-resistant sunscreen for use by the children, staff, and visitors as required. The sunscreen used will be following recommendations from the Cancer Council: The Cancer Council recommends using any sunscreen that is labelled broad-spectrum, water-resistant, and SPF30 or above. The expiry date will need to be checked on an ongoing basis, as products that are past their use-by date will not give proper protection. Brands provided by Dara School OSCH may include The Cancer Council SPF 50+ Ultra, and alternatively where this might not be available Dara OSHC will provide a similar substitute.

All children are required to wear hats during outside play, regardless of the UV index rating for the day. Hats are to be broad-brimmed, legionnaire, or bucket style. These must provide shade for the face and neck. Caps are not considered sufficient sun-safe protective clothing.

Clothing should include collared shirts with covered shoulders and longer-style dresses. A close-fitting t-shirt or similar should be worn for water activities. Children and educators will be encouraged to wear sunglasses. Children who do not have appropriate sun-safe clothing, hat or are unable or unwilling to wear sunscreen will be required to play in shaded areas only.

4.3 Safe Exposure

Dara OSHC will aim to provide an appropriate level of sun exposure during the safest seasonal period, which in South Australia is between May and August and when the UV rating is below 3. An appropriate level of sun exposure varies depending on skin type, day-to-day activity, and UV rating. The service recognises that children may have had some exposure during the school day and educators should check the Cancer Council of South Australia's current recommendations for exposure.

5. ROLES AND RESPONSIBILITIES

5.1 For sun protection, the Director and educators will -

- Ensure that the service has either an SPF30+ or SPF50+ broad-spectrum water-resistant sunscreen and that it is within its use-by date.
- Model effective sun protection strategies by always wearing a sun-safe hat when outside following the service policy, by wearing protective clothing and sunglasses, by using an SPF30+ or SPF50+ broad-spectrum sunscreen, and by seeking shade whenever possible.
- Support younger children and encourage older children to appropriately apply an SPF 30+ or SPF50+ sunscreen before going outdoors. Families will be advised of this practice in the family handbook.
- Ensure that all children wear a sun-safe hat when outside, as per the policy.
- Ensure that all children wear sunglasses if available.
- Encourage children to access shaded areas for outdoor play.
- Ensure that children who do not have appropriate sun-safe clothing and hat or are unable or unwilling to wear sunscreen will be required to play in shaded areas only.
- Assist and encourage children to appropriately apply an SPF30+ or SPF 50 + water-resistant sunscreen 30 minutes before entering the water and reapply it according to the product's instructions.
- Take every opportunity to discuss 'sun smart' procedures with children.

5.2 For safe exposure, the director and educators will -

- Check the current UV rating to ensure it is under 3.
- Model appropriate exposure to UV during May to August and when the UV rating is below 3.
- Be required to wear sun-protective equipment.
- Be vigilant and guide the children to use sun-protective equipment.
- Discuss 'sun smart' procedures with children.

5.3 Families and children will -

Be encouraged to become familiar with and adhere to the policy requirements and support the educators by dressing appropriately for the conditions, including wearing a hat.

6. OTHER OSHC POLICIES OR DOCUMENTS RELATED TO THIS POLICY

H13 Excursion OSHC policy

7. RELATIONSHIP TO REGULATIONS

National Quality Standards (NQS)

Quality Area 2 – Children's Health and Safety

Education and Care Services National Regulations

114 – Child-Safe Environment Policy

249 (2) Transitional arrangements for shade

8. RESOURCES/REFERENCES

Cancer Council of SA Sun Smart OSHC and Vacation Care Checklist accessed on 1 March 2022 from www.sunsmart.com.au/protecting_others/at_school/out_of_school_hours_care_services

Cancer Council of SA for general information and resources accessed on 1 March 2022 from www.cancersa.org.au

SA OHS&W Regulations 2010 accessed on 1 march 2022 from www.safework.sa.gov.au/search/google_search.jsp?q=sun+protection+

DECD Hat-Wearing Guidelines for Policy Development accessed on 1 March 2022 from www.decd.gov.au/polocies-a-z

Shade Structure, DECD Asset Policy and Captial Programs Protocol SE006 accessed on 1 March 2022 from www.decd.sa.gov.au/docs/documents/1/ShadeStructures.pdf

Sample Skin Protection Policy accessed on 1 March 2022 from www.cancersa.org.au/cms_resourcces/sunsmart.ECH/ Sample_policy_09.pdf

DECD Hot Weather Policy (Schools) accessed on 1 March 2022 from www.decd.sa.gov.au/docs/documents/1/SchoolTermsVacationsClosu.doc

Governing Council Approval: March 2022	Review Date: March 2027
<i>Director Signature</i>	<i>Chairperson Signature</i>