



# Burton OSHC

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## Sun Protection Policy

Burton OSHC and Vacation Care 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.

In South Australia, the months of highest UV averages 3 and above are from the beginning of August and therefore sun protection is needed. When the UV level is 3 and above, the service will follow protective practices and Educators will model these at all times that are 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 (i.e. shaded play or indoor swimming venues will be accessed where possible). This policy applies to all service activities and events, on and off site.

### The service will achieve this by

- Encouraging the use of sun-smart techniques as outlined in the Cancer Council SA Sun Smart policy.
- Accessing the current predicted UV index rating from May to July using the Sun Smart App or the BOM website each day, to support the implementation of sun protection at the service.
- Use a combination of sun protection strategies when the UV index is 3 and above.
- Encouraging safe levels of exposure when the UV index is below 3.
- Expecting all Educators to role model good sun-safe practices.
- Encouraging children to take responsibility for their own sun protection.
- Providing an environment that allows children and Educators to access areas of both sun and shade.
- Regularly reinforce and promote to the whole service community including staff, volunteers and families through newsletters, the service website or forum.
- Ensuring families, and Educators are informed about the service's sun-smart policy.

### Implementation Times

The service will aim to provide an appropriate level of sun exposure during the safest seasonal period, which in South Australia is between May and July (Term 2 and 3) when the UV rating is below 3. UV averages 3 and above can occur during August, therefore skin damage can occur. Cancer Council recommends services monitor UV levels May-July and implement sun protection should the UV reach 3 or above.

**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 required to access the daily local sun protection times using BOM or the SunSmart App to determine if sun protection measures are required during terms 2 and 3.

During **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.

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Our service acknowledges that appropriate levels of sun exposure varies depending on skin type, day to day activity, and UV rating. The service also recognises that children may have had some exposure during the school day and as such, Educators should check the Cancer Council of South Australia's current recommendations for exposure to assist with the implementation of this policy.

### **The service will promote the following appropriate sun-safe equipment**

- SPF 30 broad spectrum sunscreen or higher will be provided by the service, or the families if children have allergies. When it is provided by the service, families must be advised of the brand in case there are allergies to be considered.
- All children and staff are required to wear a SunSmart hat that is broad brimmed, legionnaire or bucket style. These must provide shade for the face, ear and neck. Baseball Caps are not sufficient.
- 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.

### **For sun protection, the Director and Educators will**

- Ensure that the service has an SPF 30 or higher broad-spectrum water-resistant sunscreen and that it is within its use-by date.
- Role Model effective sun protection strategies by always wearing a sun-safe hat when outside in accordance with the service policy, by wearing protective hats, clothing and sunglasses, by using an SPF 30 or higher, broad spectrum sunscreen , and by seeking shade whenever possible.
- Sun protection is also an occupational work health and safety measure to ensure UV risk controls for staff.
- Educators to support younger children and encourage older children to appropriately apply an SPF 30 or higher sunscreen 20 minutes before going outdoors.
- Ensure that all children wear a sun-safe hat when outside, as per the policy.
- Ensure that all children wear appropriate sun-safe clothing & encourage children to wear sunglasses if available. Sunglasses should meet Australian Standard AS/NZS 1067 (Sunglasses: lens category 2, 3 or 4).
- 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 or return indoors.
- Assist and encourage children to appropriately apply an SPF 30 or higher water resistant sunscreen 20 minutes before entering the water and reapply every 2 hours if remaining outdoors.
- Take every opportunity to discuss 'sun smart' procedures with children.
- When enrolling their child, parents will be informed about the sun safety policy, and asked to provide a suitable hat for their child's use
- On swimming excursions children and staff will wear sun safe swim shirts (rash vests) or white t-shirts when swimming as well as hats that can be worn in the water. If children arrive without these things,

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- parents will be contacted by an Educator and asked to bring them if time permits or at the designated Excursion site.
- We will not take children swimming without protective clothing because of the high risk of getting sunburnt.
- Staff will encourage children to put sunscreen on before leaving school, at snack times and at lunch time.
- During vacation care and on a school's pupil-free days, outdoor activities will be scheduled before 10 am and after 3 pm when possible.
- In recognition of the covered play areas and the need for Vitamin D exposure hats will not be mandatory when playing under the shaded veranda and undercover playground equipment.

Visitors and volunteers are encouraged to use a combination of sun protection measures when participating in or attending outdoor activities with the service at our OSHC service.

The service reviews its sun protection policy regularly (at least every three years) to ensure that the information remains current and relevant.

The Sun Smart Policy relates to:

Regulations	National Quality Standard (NQS)	Other policies / service documentation	Other legislation / guidelines
100, 113, 114 168-172 & 181	2	MTOP 2, 3, 4, 5	Education and Care Services National Law Act 2010 Section 167 – Protection from harm and hazards



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### Relevant Resources:

Cancer Council SA, sample sun protection policy for OSHC and vacation care.

<https://www.cancersa.org.au/>

Department of Education and Care

<https://www.sa.gov.au/topics/education-and-learning/health-and-wellbeing/hot-weather-policy>

Safe Work SA

<https://www.safework.sa.gov.au/workers/health-and-wellbeing/heat-and-uv>

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