



WOODSIDE PRIMARY SCHOOL OUT OF SCHOOL HOURS CARE

Sun Protection Policy

Policy Statement

The Woodside Primary School Out of School Hours Care Service provides a balanced approach to ultraviolet radiation exposure. The service will act to ensure children and staff are protected against overexposure to UV radiation, when levels are 3 and above:

- Encouraging the use of a combination of sun protection measures when the UV Index is 3 and above, as outlined by Cancer Council SA.
- Accessing the daily sun protection times via the SunSmart app, www.myuv.com.au or www.bom.gov.au to assist with implementing this policy.
- Requiring educators to model good sun-safe practices.
- Encouraging children and families to take responsibility for their own sun protection.
- Providing an environment that allows children and educators to access shade at appropriate times
- Ensuring families, educators and staff are informed about the service's sun protection policy.

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. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

In Australia, over 950,000 cases of skin cancer are treated annually, and at least two in three people are diagnosed with skin cancer before aged 70. Melanoma is the most common cancer in Australians aged 12-24 years, and sun exposure during childhood and adolescence is a critical determinant of future skin cancer risk. It is estimated that up to 95% of skin cancers can be prevented by adequately protecting the skin when the UV is 3 and above.

UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat. UV levels are determined by the angle of the earth to the sun, and are therefore unrelated to temperature. Damage from UV radiation is cumulative and irreversible.

Policy and Procedure

Consistent with the Department for Education requirements and SunSmart guidelines, the following implementation times apply.

Before school care: sun protection is not required as UV levels are rarely above 3 at this time

After school care: sun protection is required during terms 1 and 4, and whenever the UV Index is 3 and above at other times.

Vacation care: sun protection is required for all outdoor activities during terms 1, 3 and 4, and whenever the UV Index is 3 and above at other times.

Up-to-date information regarding sun protection will be shared through staff meetings, programming and leaflets.

The Sun Protection Policy includes the following guidelines:

- All children and staff are required to wear broad-brimmed, legionnaire or appropriate bucket hats whenever they are outside (caps are not sufficient).
- Children will be directed to use available areas of shade for outdoor activities.
- SPF 30 + broad-spectrum water-resistant sunscreen will be provided for staff and children to use, and, will be applied 20 minutes before going outside, and reapplied 2 hourly if remaining outdoors. Families must be advised of the brand in case there are allergies to be considered.
- Where a child may have sensitive skin, parents will be asked to provide their own named, SPF 30 or higher broad spectrum, water resistant sunscreen for their child's use. Children and staff are required to wear appropriate clothing which covers their shoulders throughout the year. Clothing that is cool, loose fitting and made of closely woven fabric, and includes shirts with collars and elbow length sleeves, and longer style dresses and shorts are best.
- Children are required to wear rash tops or t-shirts for outdoor swimming and whenever bathers are required to be worn.
- Children not adhering to this policy will be required to play indoors or under the verandah.
- If a child arrives to attend vacation care without an approved hat the Parent/caregiver will be asked to either: return home to collect an approved hat or to buy an approved hat from the Service.
- If a child arrives to attend Vacation care wearing unsuitable clothing as per Service un safety requirements, the parent/caregiver will either: return home and collect appropriate clothing for their child. If child continues to arrive wearing unsuitable clothing parents will be reminded about our Sun Protection Policies. If the problem persists parents will be given a written directive from the Director.
- When enrolling their child, parents will be informed of the Sun Protection Policy.

Shade and protection

- 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) where possible.

Roles and responsibilities of the Director and Educators

- Ensure that the service has an SPF30+ broad spectrum water resistant sunscreen and that it is within its use-by date, and stored in a cool place.
- Model effective sun protection strategies by always wearing a sun-safe hat when outside in accordance with the service policy and WHS risk controls, by wearing protective clothing and sunglasses, by using an SPF 30+ broad spectrum sunscreen, and by seeking shade whenever possible.
- Support younger children and encourage older children to appropriately apply an SPF30+ broad spectrum, water resistant sunscreen 20 minutes before going outdoors, and to reapply 2 hourly if remaining 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. "No hat, no play" idiom to be followed to encourage responsible behaviour in regards to sun safe procedures.
- Ensure that all children wear appropriate sun-safe clothing.
- Encourage children to wear sunglasses that meet Australian standards AS/NZS 1067, if available. Novelty tinted glasses do not protect against UV radiation and are not recommended.
- 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 children to appropriately apply an SPF30+ water resistant sunscreen 20 minutes before entering the water and reapply 2 hourly if remaining outdoors.
- Take every opportunity to discuss sun safe procedures with children.

Extra Resources

1. SafeWork SA Heat and UV Exposure
<https://www.safework.sa.gov.au/workers/health-and-wellbeing/heat-and-uv>
2. Cancer Council SA SunSmart OSHC and Vacation Care Checklist at
<https://www.cancersa.org.au/cut-my-risk/sunsmart/sunsmart-information/sunsmart-oshc-and-vacation-care-program>
3. Cancer Council SA SunSmart program policy guidelines
<https://www.cancersa.org.au/cut-my-risk/sunsmart/primary-schools-and-out-of-school-hours-care/sunsmart-policy-information>
4. Cancer Council SA Workplace Directory: information about working in hot areas and outdoors, and being SunSmart. <https://www.cancersa.org.au/cut-my-risk/sunsmart/workplace>
5. DfE Hot Weather Policy (schools) at <https://www.sa.gov.au/topics/education-and-learning/health-wellbeing-and-special-needs/hot-weather-policy>
6. DECD Inclement Weather and Sun Protection Procedure
<https://wudinnakgn.sa.edu.au/wp-content/uploads/2017/02/sun-protection-Procedure.pdf>