

# Gulfview Heights Primary School

## Out of School Hours Care



### Sun Safety Policy

Australia has the highest rate of skin cancer in the world. Research has indicated that young children have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. Early childhood services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest.

#### National Quality Standards

Quality Ares 2: Children's Health and Safety	
2.3	Each child is protected
2.3.2	Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury

#### Education and Care Services National Regulations

113	Outdoor space natural environment
114	Outdoor space shade
168	Education and care service must have policies and procedures

The Gulfview Heights OSHC service provides a balanced approach to ultraviolet radiation exposure. This approach will follow the current scientific advice on UV exposure and provide children with the opportunity for safe and protective UV exposure related to the UV index and will be seasonal in nature.

The service will act to ensure the appropriate level of UV exposure by:

- Encouraging the use of sun-smart techniques as outlines in the Cancer Council SA Sun Smart policy.
- Accessing the current predicted UV index rating from May to August.
- Encouraging the use of a combination of sun protection strategies when the UV index is 3 and above
- Encouraging safe levels of exposure when the index is below 3.
- Requiring educators to 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.
- Ensuring families, educators and staff are informed about the services sun-smart policy.

## Outdoor Play

- From the start of term 3 to the end of term 1 each year sun protection is required at all times
- Extra sun protection is needed between 11am and 3pm and during this period outdoor activities should be minimised. Minimising outdoor activities includes reducing both the number of times and lengths of time children are outside.
- Children who do not have appropriate sun safe clothing, hat or are unwilling to wear sunscreen will be required to play in shaded areas only.

## Shade

- All outdoor activities will be planned to occur in shaded areas. Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.
- The service will provide and maintain adequate shade for outdoor play.
- Shade options can include a combination of portable, natural and built shade.
- Regular shade assessments should be conducted to monitor existing shade structures and assist in planning for additional shade.

## Hats

- Staff and children are required to wear sun safe hats that protect their face, neck and ears.
- A sun safe hat is a legionnaire hat or a bucket hat.

**Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.**

- Children without a sun safe hat will be asked to play in an area protected from the sun (e.g. under shade, veranda or indoors)

## Clothing

- When outdoors, staff and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.
- This includes wearing: loose fitting shirts and dresses with sleeves and collars or covered neckline. Longer skirts, shorts and trousers.

**Please note: midriff, crop, singlet tops or dresses with no sleeves, do not provide enough sun protection and therefore are not recommended.**

## Sunscreen

- Staff and children will apply SPF30+ broad-spectrum water resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- Sunscreen is stored in a cool, dry place and the use-by-date monitored.

Staff will:

Act as role models and demonstrate sun safe behaviour by:

- Wearing a sun safe hat.
- Wearing sun safe clothing.
- Applying SPF30+ broad spectrum water-resistant sunscreen 20 minutes before going outdoors.
- Using and promoting shade.
- Wearing sunglasses that meet the Australian Standard 1067 (optional).
- Checking the current UV rating to ensure it is under 3.
- Encouraging families and visitors to role model positive sun protection behaviour.
- Discussing sun smart procedures with the children and guide them to use sun protective equipment.
- Ensure water is offered to children throughout the day regardless of inside/outside play.

Families and children will:

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

Education and Information

- Sun protection will be incorporated regularly into learning programs.
- Sun protection information will be promoted to staff, families and visitors.
- Further information is available from the Cancer Council website [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart).

### **Resources/References**

- Australian Children's Education & Care Quality Authority. Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015
- ECA Code of Ethics
- Guide to the National Quality Standard
- Children's Services Act 1996
- Supervision in Children's Services. Putting Children First, the Newsletter of the National Childcare Accreditation Council (NCAC) Issue 15

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