



Out of School Hours Care/Vacation Care

SUN PROTECTION

To ensure children and staff attending the service are protected from skin damage caused by overexposure to harmful ultraviolet rays of the sun, the following will apply.. Staff and children are encouraged to check the daily sun protection times via the SunSmart app, www.myuv.com.au or www.bom.gov.au/sa/uv

Due to OSHC operating outside of the peak UV times of the day, the following implementation times apply.

Before school care: sun protection is not required as the UV Index is rarely above 3 during 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. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during terms 2 and 3.

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.

- During after school hours care children must wear a hat whenever they are outside during term 1 and 4 and when the UV is 3 and above in terms 2 and 3. To minimise the spread of infections such as head-lice, impetigo and ringworm, children are encouraged not to share hats.
- Children who do not have their hats will be required to sit in the shade or inside for protection from the sun.
- SPF 30+ or higher broad-spectrum water resistant sunscreen will be provided for staff and children, and be applied 20 mins prior before going outside, and reapplied every 2 hours.
- Staff will be responsible to check the expiry date to ensure sunscreen is not out of date.
- Discussion about skin and ways to protect it from skin cancer and why we need to be sun smart will be included in the children's program.
- When enrolling their child, parents will be informed about the sun safety policy, and asked to provide a suitable hat for their child and suitable sun smart clothing eg. shirt with sleeves and collar and longer style shorts, skirts and dresses. Children wearing singlet tops and dresses will be required to wear a t-shirt over the top before going outdoors.



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- In the event children have sensitive skin/allergies to the sunscreen provided, families will be asked to provide a SPF 30+ broad spectrum, water resistant sunscreen suitable for the child's personal use.
- All children must have a hat during vacation care or parents will be notified to collect children. Hats are to be worn during the school holidays that fall between 1 August to 30 April when the UV is 3 and above.
- Sunglasses are encouraged at the service, but are not compulsory.
- Staff will be aware of the proper application of sunscreen and will model the practices outlined above including wearing hats, sun protective clothing, sunglasses, sunscreen and seeking shade.
- OSHC have green bucket hats for the children to wear if they don't have one. The children will wear these green hats during excursions. This shows clearly the children that our in our group. All hats are washed and dried by staff daily.

TIMES OF UV RADIATION EXPOSURE

- Outdoor activity will be minimised during the peak UV times of the day through rescheduling of activities.
- Staff/ carers will utilise the shaded areas of the outdoor environment for play and plan outdoor play experiences at the centre or Vacation care excursions outside of the peak UV times of the day. Children will be encouraged to play in shaded areas.

PROCEDURE

When children arrive at OSHC in the afternoon they will be supplied with the sunscreen. This will ensure that the application is at least 20 mins before exposure outside.

During vacation care sunscreen will be supplied and applied 20 min before going outdoors and every 2 hours when the UV is 3 and above. Staff will check the daily sun protection times to determine when sun protection is needed. The time of application will be noted on the roll book for collecting parents to see. Depending on conditions sunscreen may be applied more, particularly when children are involved with water activities or when sweating.



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When the UV radiation level is below 3, sun protection is not required and both staff and children are encouraged to go outdoors without sun protection for vitamin D. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

Policy Dated: August 2018

Next Review: August 2021