

SUN PROTECTION POLICY

Policy Statement

Highgate School Outside School Hours Care (Highgate OSHC) provides a balanced approach to Ultra-Violet (UV) radiation exposure. This approach will follow the current scientific evidence on UV exposure. Children and educators will be provided with the opportunity for safe and protective UV exposure related to the UV index.

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

- Encouraging the use of SunSmart behaviours as outlined in the Cancer Council SA Sun Smart Guidelines.
- Accessing the current UV index rating at all times from verified sources like the SunSmart app, www.myuv.com.au or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv>.
- Encouraging the use of a combination of sun protection strategies when the UV is 3 and above.
- Encouraging safe levels of exposure when the UV is below three.
- 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 service's sun protection policy.

Implementation times

Highgate OSHC will implement this sun protection policy at the following implementation times:

Before school care: sun protection is not required, as the UV Index is rarely 3 and above at 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.

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.

Implementation

Care will be taken during the peak UV radiation times and outdoor activities will be scheduled outside of these times where possible. A combination of sun protection measures will be considered when planning all outdoor events including excursions and outdoor swimming activities.

- Shade
 - All 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 activity. Shade options will include a combination of natural and built shade. Priority will be given to areas where children play for extended periods, e.g. sand pit, water play, table activities, climbing equipment.
 - As much as possible, staff will actively encourage and model play in shaded/covered areas with the children while outdoors.
- Hats

- Children and educators are required to wear sun safe hats that protect the face, neck, ears and crown of the head for outdoor activities during the above implementation times.
- A sun safe hat is:
 - a legionnaire hat OR
 - a broad brimmed hat with a brim of at least 6 cm (adults 7.5 cm) OR
 - a bucket-style hat with a brim size of at least 5 cm (adults 6cm) and a deep crown
 - Please note: Baseball caps or visors do not provide enough sun protection and therefore are not suitable.
- Families are required to provide their child with a hat each day.
- Hats will be provided for children if they do not have one. These will be reusable bucket hats that will then be labelled for the child to keep. A fee will apply.
- Educators will ensure children are wearing suitable hats when outdoors.
- If a child refuses to wear a hat or has unsuitable clothing the child will be required to stay indoors and the issue will be discussed with the family.
- Educators will provide their own hats.
- Clothing
 - When attending the service, children are required to wear loose fitting that covers as much skin as possible. Clothing made from cool, closely woven fabric is recommended. It includes tops with collars and elbow length sleeves, longer style dresses and shorts, and rash tops or t-shirts for outdoor swimming.
- Sunscreen
 - Highgate OSHC will provide SPF 30 or higher, broad-spectrum, water-resistant sunscreen for use by staff and children.
 - Sunscreen will be applied 20 minutes before going outside.
 - Sunscreen is to be stored in a cool, dry place and the use by date will be monitored.
 - Families will be informed that sunscreen will be applied.
 - Permission is sought in the form of parental signature upon enrolment into the service and booking for Vacation Care. If permission to apply the service's sunscreen is not granted, families will be asked to provide broad-spectrum, water-resistant sunscreen for their own child, that is SPF30 or higher and labelled with the child's name.
 - If for some reason a child cannot wear sunscreen, they will be required to cover up with a long sleeved top with a collar or high neck and long pants and wear an appropriate hat.
 - Sunscreen will be applied in a way that avoids cross infection e.g. children taught to apply sunscreen themselves.
 - Staff will ensure re-application of sunscreen on the children after 2 hours when remaining outdoors or more often if washed or wiped off.
 - Staff will be expected to apply and reapply sunscreen to themselves before outdoor activities.

Role Modelling and Work Health and Safety (WH&S)

As part of WH&S risk controls, educators will act as role models and demonstrate SunSmart behaviours by:

- Wearing a sun safe hat (see Hats)
- Wearing sun safe clothing (see Clothing)

- Applying SPF30 or higher broad –spectrum water-resistant sunscreen 20 minutes before going outdoors
- Using and promoting shade
- Wearing sunglasses that meet the Australian Standard 1067 (optional)

Volunteers and visitors will be encouraged to role model SunSmart behaviours when participating in or attending outdoor activities with the service.

Education and Information

- Sun protection will be incorporated regularly into learning programs.
- Sun protection information will be regularly reinforced and promoted to all children, staff, families and visitors. Further information is available from the Cancer Council website www.cancercouncil.com.au/sunsmart
- Sun protection will be incorporated in enrolment information, excursion notes and family newsletters.
- Information may need to be provided in various languages to ensure CALD (culturally and linguistically diverse) families understand the need for sun protection for all children.

Policy Review

This sun protection policy will be reviewed regularly (at least every three years) to ensure that the information remains current and relevant and meets the SunSmart national minimum criteria.

Approved by Highgate School Governing Council 22nd February 2022

DATE OF EFFECT: 9th March 2022

REVIEWED: 30th November 2022

TO BE REVIEWED: 30th November 2023

Related Documents

<http://www.acecqa.gov.au/national-quality-framework/national-law-and-regulations/national-regulations>

Education & Care Services National Regulations (2011) – Regulations 114, 168, 249 (2)

National Quality Standard for Early Childhood Education and Care & School Age Care (2010) – Standards 2.3

<https://www.education.sa.gov.au/working-us/out-school-hours-care-oshc>

Cancer Council SA Sun Smart OSHC and Vacation Care Checklist at

<https://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/oshc-services/sunsmart-criteria/>

Cancer Council SA for general information and resources at www.cancersa.org.au

SA OHS&W Regulations 2010 at www.safework.sa.gov.au/search/google_search.jsp?q=sun+protection