

Sun Protection

(Adapted from Network of Community Activities – Sun Smart)

POLICY STATEMENT:

Our service aims to balance the risk of skin cancer from too much sun exposure with maintaining adequate vitamin D levels in our children. We aim to take a sensible approach to sun protection in our service that empowers children to take responsibility for their own health and wellbeing ("My Time, Our Place." Outcome 3).

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best source of vitamin D. We need vitamin D to maintain good health and to keep bones and muscles strong and healthy.

We aim to ensure that all children in attendance at the service when the UV forecast is 3 or above will be protected from harmful rays of the sun. All staff will model appropriate sun protection behaviour and enforce the sun protection policy.

Evidence suggests that childhood exposure to UV radiation contributes significantly to the development of skin cancer in later life. Ultraviolet (UV) radiation cannot be seen or felt and can be high even on cool and overcast days. This means our service educators will teach children not to rely on clear skies or high temperatures to determine the need for sun protection and provide them with exposure to resources and materials that will reinforce this message and assist children to understand the complexities of their environment ("My Time, Our Place." Outcome 2).

Strategies for teaching sun protection in the service will be based on children actively practicing and monitoring their own implementation of sun protection strategies as active learners ("My Time Our Place." Outcome 4). This will include children having opportunities to access UV Alerts and monitoring the exposure to the sun of both themselves and their peers ("My Time, Our Place." Outcome 5). Our service believes that implementing a best practice sun protection policy will have a major impact on reducing the chance of our children developing skin cancer in later life.

CONSIDERATIONS

National Quality Standard 2 Element 2.3.2 "Every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury".

National Quality Standard 6 Element 6.3.2 "Continuity of learning and transitions for each child are supported by sharing relevant information and clarifying responsibilities"

National Regulation 114 "Outdoor space – shade"

National Regulation 100 "Risk assessment must be conducted"

WHS Act and Regulations 2012

NSW Cancer Council www.cancercouncil.com.au/reduce-risks/sun-protection

This co-branded sun protection policy has up to date sun protection recommendations from Cancer Council NSW. Joining SunSmart ensures all OSHC services have a relevant policy that includes the philosophy and practices of "My Time, Our Place". The policy covers all OSHC service types and cannot be altered until the next review.

PROCEDURE

Scheduling of Activities

The following procedures will be implemented when scheduling activities when the UV Rating is 3 or above.

- ✱ Where appropriate, outdoor activities will be scheduled outside of peak UV times or planned for shaded areas with sun protection used for all children.
- ✱ In non daylight saving time (April-Sept) outdoor activities can take place at any time as long as sun protection (hats, clothing, sunscreen, shade) is used when the UV Index is 3 or above.
- ✱ Where the UV Index for that day is not known, sun exposure will be minimised between the hours of 10am and 2pm (11am and 3pm during day light saving).
- ✱ When planning all outdoor activities (including excursions) sun protection will be included in the risk assessments for service participation.
- ✱ All sun protection practices will be maintained while staff are escorting children to and from school and on any future excursions.

Shade

- ✱ Structured outdoor activities will be held in shaded areas whenever possible when the UV Index is 3 or above.
- ✱ The service will identify shade options at various times of the day and the year within the outdoor space and promote these to the children. Educators will set up activities and play spaces to make best use of the shade.
- ✱ Children will be encouraged to use available shade when playing outside during times when the UV Index is high.

Clothing

- ✱ Educators and children will wear protective clothing when outside during periods of time when the UV Index is 3 or above.
- ✱ When outdoors children will be encouraged to wear sun-safe clothing with sleeves, collars or covered necklines.
- ✱ Midriff, crop or singlet tops do not provide adequate protection and are not recommended. The Family Handbook will remind families and children of the appropriate clothing to wear to the service to meet the sun protection policy.
- ✱ Children will be encouraged to wear sun-safe hats that protect the face, neck and ears when outside. Recommended hats are bucket hats and broad brimmed hats. Baseball caps and visors are not recommended.

**NORMANHURST OUT OF SCHOOL HOURS CARE (NOOSH)
POLICIES**

Normanhurst Road. Normanhurst, NSW, 2076

P: (02) 9489 0178

E: info@normanhurstoshc.com.au

W: www.normanhurstoshc.com.au



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- ✱ All educators will be required to wear tops with sleeves and collars or covered necklines and longer style skirts, shorts or trousers.
 - ✱ Children who do not have a hat must play in a sheltered area. Staff are to enforce the rule that where a child has not got a hat or is wearing clothing that is not recommended as appropriate they must access shaded areas in which to play.

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Sunscreen

- ✱ SPF 30+ broad-spectrum water-resistant sunscreen will be available at the service for children and educators to use.
- ✱ Educators will ensure there are regular reminders (minimum every 2 hours) to apply sunscreen prior to outdoor play during the months of October to March between 11am and 3pm or when the UV Index is 3 or above.
- ✱ Permission to apply sunscreen will be included in the service enrolment form. Educators will respect the parents' right to refuse authorisation to apply sunscreen however will require children to wear appropriate clothing or play in the shade.

Role Modelling of Staff

- ✱ Educators will wear protective clothing and practice a combination of sun protection strategies (sun-safe hats, clothing, sunglasses, SPF 30+ broad-spectrum water-resistant sunscreen) when in attendance at the service.
- ✱ Wherever possible, staff will seek out shade when undertaking outdoor supervision in months where the UV Alert is 3 or above.
- ✱ Educators will use opportunities to discuss with children sun protection and demonstrate a positive and proactive approach to the management of sun protection in the service.

Collaboration with Children

- ✱ Children will be provided with opportunities to take leadership roles in managing sun protection.
- ✱ Children will be encouraged to access the internet/ newspaper to check the UV ratings for the day and advise educators of the times when the UV Index will be 3 or above.
- ✱ Opportunities for children to set alarms for when the UV Index increases above or drops below 3 will be provided and children assigned duties regarding UV reminders, hat reminders and management of sunscreen.
- ✱ Children will be reminded that they can remove their hats when the UV Index falls below 3.

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Education & Information

- * The sun protection policy will be available to all families using the service.
- * All parents, including for vacation care, will be informed of the sun protection policy including appropriate hat, clothing and sunscreen requirements during enrolment.
- * For vacation care services only: parents are encouraged to apply sunscreen to children before spring and summer program sessions.
- * Where children have allergies or sensitivity to the sunscreen, parents will be asked to provide an alternative sunscreen, or the child encouraged to play in the shade.
- * The centre will incorporate sun and skin protection awareness activities in the program and provide notices and posters about the topic from Cancer Council NSW as appropriate.

Review

This policy is adopted as standard for all OSHC services in NSW and endorsed as SunSmart by Cancer Council NSW and Network of Community Activities.

This Policy will not be changed unless advised by Cancer Council NSW and Network of Community Activities.

DATE ENDORSED: September 2012

DATE FOR REVIEW & EVALUATION: September 2015

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CONSIDERATIONS:

| Education and Care Services National Regulations | National Quality Standard | Other Service policies/documentation | Other |
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ENDORSEMENT BY THE SERVICE:

Approval date: __13th August 2014_____

Date for Review: __13th August 2015_____