



Sun Smart

Purpose of this Policy

For School Support Services to provide clear guidelines to ensure we are minimising the UV risk and associated harms to children and educators at the OSHC service.

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

School Support Services Sun Smart Procedures are as follows:

- Educators are encouraged to access the daily local sun protection times at sunsmart.com.au to assist with the implementation of this policy.
- A combination of sun protection measures are implemented for all outdoor activities from **September to the end of April – Term 4 & Term 1** when the UV is 3 or above.
- Where possible, active, outdoor sun safe play is encouraged throughout the day.
- The availability of shade is considered when planning all outdoor activities.
- Children are encouraged to choose and use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to choose a shady play space or a suitable area protected from the sun.
- When outside, children and educators are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended. Tops with elbow length sleeves, and if possible, collars and knee length or longer style shorts and skirts are best. If a child is not wearing sun-safe clothing (e.g. a singlet top or shoestring dress) they will be required to

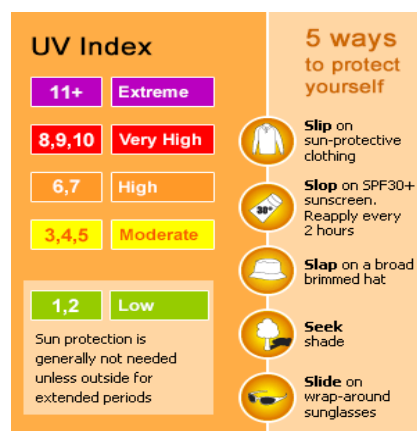
choose an appropriate t-shirt/shirt from their bag to wear over the top before going outdoors.

- **All** children and educators are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats. Baseball or peak caps and visors are not considered a suitable alternative.
- Children must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. This can be kept at the service or in their school bag.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every TWO hours if outdoors.
- Strategies are in place to remind children to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- Where requested by a parent/carer, children with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements. This would be required to be outlined in writing by the parent/carer.

Parents/Care Givers are responsible for:

- Familiarising themselves with the service's Sun Smart policy
- Providing a suitable sun protective hat, covering clothing and sunscreen for their child (SPF 30 or higher broad spectrum, water resistant sunscreen)
- Practising Sun Smart behaviours themselves when at the service
- Regularly reinforce Sun Smart behaviour through correspondence with their child/ren

UV Index Key



Volunteers and students, while at the OSHC service, are responsible for following this policy and its procedures.