

In order to maintain good health, a certain amount exposure to ultraviolet(UV) exposure is necessary. Whilst too much exposure can cause sunburn, eye damage and cancer, too little exposure to UV rays can result in a lack of vitamin D. Vitamin D is essential for healthy bones, muscles and teeth. It also contributes to the regulation of our immune systems, hormones and nervous systems. A vitamin D deficiency can cause serious illness. It is important for OSHC services to ensure that children are exposed to the right balance of UV radiation to promote good health.

### **Policy Statement**

St Raphael's OSHC understands the need for a balance of ultraviolet exposure is necessary for good health; however, the service is committed to ensuring that all children and staff involved in the service are protected from skin damage caused by harmful ultraviolet rays of the sun. Our service believes sun protection is extremely important for the children to learn about, and act in accordance with, as The Cancer Council of South Australia highlights that Australia has the highest incidence of skin cancer in the world. The service will provide children and educators with the opportunity for safe and protective UV exposure.

### **Thus, the following steps will be taken to provide the best sun protection for the children;**

- ❖ Children and Staff are required to wear hats during terms 1 and 4 between 3:00pm and 4:45pm whenever they are outside (Except when staff deem them to be impractical such as on waterslide, or hang gliding etc, and other adequate sun safety measures have been adopted.)
- ❖ Children who do not have their hats will be asked to play in an area protected from the sun
- ❖ SPF 30+ broad spectrum and water resistant sunscreen will be provided for staff and children. Sun block will not be provided by the Service for children during winter months except when they are playing outside with body parts exposed for long periods of time, the UV rating is high or by parent request. Sunblock may also be deemed unnecessary in Before and After School care during spring and autumn (this may be verified through checking the UV rating on the SA meteorology website).
- ❖ When participating in water excursions, staff will ensure sunblock is applied 20 minutes before entering water.
- ❖ Staff will ensure sunscreen is not out of date – this will be checked at the end of each school term.
- ❖ Staff will assist children to apply sunscreen to those 'hard to reach' places, especially on young children, ensuring that all children have adequate sunscreen protection. (This will be undertaken in public and following a request to help.)
- ❖ Staff will mark children's hands to indicate the time sunblock was last applied.
- ❖ As sunscreen does not offer complete protection against UV radiation staff and children will be encouraged to wear appropriate clothing that protects and covers the skin, especially if outdoors for long periods of time.
- ❖ Families will be informed about the sun safety policy, and asked to provide a suitable hat for their child's use.
- ❖ Staff will be aware of the proper application of sunscreen and model the practices outlined above.
- ❖ The service will be mindful of programmed outdoor activities that occur during the peak UV periods of the day and will endeavour to limit these activities or conduct them in shaded areas (ie shaded play or indoor swimming venues will be accessed where possible)

## Resources/References

1. Cancer Council of SA Sun Smart OSHC and Vacation care checklist as [www.sunsmart.com.au/protecting\\_others/at\\_school/out\\_of\\_school\\_hours\\_care\\_services](http://www.sunsmart.com.au/protecting_others/at_school/out_of_school_hours_care_services)
2. Cancer council of SA for general information and resources at [www.cancersa.org.au](http://www.cancersa.org.au)



St Raphael's School OSHC

2012

# Sun Protection Policy

