

St Pius X OSHC Sun Protection Policy

St Pius X OSHC is committed to ensuring that all children and staff involved in the service are protected from skin damage caused by the 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 South Australia highlights that Australia has the highest incidence of skin cancer in the world. The Cancer Council also advocates a healthy balance of UV exposure to counteract low Vitamin D levels.

Thus, the following steps will be taken to provide the best sun protection for the children, while still allowing for some Vitamin D intake;

- Children and Staff are required to wear hats whenever they are outside in terms 1 and 4 and during school holidays (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 may not need to wear their hat during before school care if the UV rating has not exceeded 3 before 8.30am.
- Children and Educators are required to wear hats outside at all times during December/January, April and September/October Vacation care periods. During these months the children and educators may be outside for long periods of time and the UV rating is likely to be above 3. Hats are not required during July vacation care unless the director (or certified supervisor) declares the UV rating on any particular day is 3 or above and therefore unsafe to be unprotected.
- Children who do not have their hats will be asked to play in an area protected from the sun
- SPF 50+ broad spectrum and water resistant sunscreen will be provided for staff and children. From September Vac Care to April Vac Care, Children with exposed parts of their body will be asked to protect them with Sunscreen. Sunscreen will be reapplied every 2 hours during water activities and three to four hourly during summer/spring/autumn months. Sunscreen will not be provided by the Service for children during winter months unless the UV rating is high or by parent request. Sunscreen may also be deemed unnecessary in Before and After School care during spring and autumn.
- If parents do not wish their children to apply the service's sun block while in OSHC they must supply alternative sun block or sign a disclaimer which the service will keep on record.
- Hats will not need to be worn during terms 2 and 3 unless the UV rating at the time is 3 or above. This is consistent with the school's sun protection policy and acknowledges the Cancer Council's findings that UV exposure in Adelaide from May to August is at safe levels (Rating 2) (*Sun Smart Newsletter, April 2012, Cancer Council*)

- During the term in the months of April and September the director, or certified supervisor in charge will check daily UV levels to ensure children are not outside, without protection on days the UV rating is 3 or above.
- The UV rating will be verified through checking the Cancer Council Sun Smart website, SA Bureau of Meteorology, the Service website which has the Sun Smart app loaded or the director's iphone application which notifies the service on any days the UV rating is considered unsafe (rating 3 and above)
- When participating in water excursions, staff will ensure sun screen 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 verbal offer to help.)
- Staff will mark children's hands, or mark a sticker on their top, to indicate the time sun screen 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.
- The program will incorporate discussions about skin protection and ways in which children can protect themselves from sun damage.
- 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 keep 'spare' hats for loaning to children. Each hat is to be worn only by the one child on the one day and stored in the cupboard overnight. All spare hats will be washed regularly. These procedures should prevent the spread of head lice. These hats are not for children who *regularly* 'forget' their own hat, but as a backup at times when hats may be important ie walking somewhere.

Resources/References:

Sun Smart website for schools and services at www.sunsmart.org.au

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

Sun Smart Newsletter for Primary schools and early childhood centres, Cancer Council SA, April 2012