



SUN PROTECTION

Settlers Farm OSHC provides a balanced approach to ultraviolet (uv) radiation exposure. This approach will follow the current scientific advice on UV exposure and provide children and educators with the opportunity for safe and protective UV exposure related to the UV index and will be seasonal in nature. A balance of UV exposure is necessary for good health. Too little exposure results in a lack of vitamin D. Vitamin D is vital for healthy bones, muscles and teeth, as well as general good health through regulating immune systems, hormones and the nervous system. Too much UV exposure results in sunburn, eye damage and cancer – sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

Procedure:

Before School Care

Sun protection is not required as the UV radiation levels are rarely 3 and above during this time.

After School Care

Sun protection is required during terms 1 and 4, and when the UV rating is 3 and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during terms 2 and 3.

Vacation Care

Sun Protection is required for all outdoor activities from 1st August to 30th April and whenever the UV rating is 3 and above at other times. If a child arrives on an excursion day without an approved hat, a new bucket hat will be provided, and the fee added to the family account.

- The service will utilise outdoor spaces with as much shade as possible.
- Children are encouraged to wear tops which cover the shoulders, and to wear loose fitting clothing that covers as much skin as possible.
- Children are required to wear a broad brimmed, legionnaires or bucket style hat when playing in outdoor areas.
- Children are encouraged to play in shade wherever possible, wear sunglasses that cover as much of the eyes as possible and apply sunscreen.
- Children who do not have appropriate clothing and/or hats are required to only play under physical shade structures.
- Sunscreen is to be applied at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors.
- Educators are required to wear an appropriate hat when supervising outdoor areas.
- Children are required to apply sunscreen when playing in outdoor areas when the UV rating is level 3 or above.
<https://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/primary-schools/resources-primary-oshc/>
- SPF 30+ broad spectrum, water resistant sunscreen will be provided for children and educators, and educators will ensure this sunscreen has not reached its expiration date.
- The service will incorporate sun protection and vitamin D into planned experiences and the learning and development program.
- On enrolment parents will be informed of the service's sun protection policy.



- Educators will be aware of the proper application of sunscreen and will model the above practices.

NATIONAL QUALITY STANDARD

QUALITY AREA 2: CHILDREN’S HEALTH AND SAFETY		
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
2.2.2	Incident and emergency management	Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practised and implemented.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
101	Conduct of risk assessment for excursions
115	Premises designed to facilitate supervision
122	Educators must be working directly with children to be included in ratios
168	Education and care service must have policies and procedures

Policy reviewed	Previous modifications	Next review date
DEVELOPED 2021		2022