



**SHEIDOW PARK SCHOOL
OUT OF SCHOOL HOURS CARE**

21-43 Adams Road,
SHEIDOW PARK SA 5158

Phone 0418 8140 57

Internet Address : www.sheidowps.sa.edu.au

Email Address : oshc.director766@schools.sa.edu.au

Sun Protection Policy

We are a Sun Safe Service and advocate sun protection for all children and adults. We do this by encouraging children and adults to do the following when the UV is 3 and above:

- To wear legionnaire or wide brimmed hats.
- To apply SPF 30 or higher broad-spectrum sunscreen. Sunscreen supplied By OSHC, but if your child is sensitive to sun screen, please provide your own.
- To wear appropriate sun safe clothing
- Seek shade when outdoors

SLIP: Please pick lightweight loose clothing with collars and sleeves and longer style shorts, dresses and skirts for your children during vacation care period.

Clothing needs to cover most of your child's body, including arms and legs.

Rash tops or t-shirts over bathers are recommend for outdoor swimming activities.

SLOP: It is recommended that SPF 30 or higher, broad spectrum, water resistant sunscreen be liberally applied to all areas of skin that is not covered with clothing.

SLAP: A legionnaires will be supplied for your child to wear when attending the service.

Caps are not acceptable, as they do not shade the back of the neck and the ears.

SEEK: children are encourage to use available areas of shade when outside.

SLIDE: on sunglasses, if practical, encourage children to wear close fitting, wraparound sunglasses that meet the Australian standard.

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 whenever the UV is 3 and above at other times. Educators will 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 1 August to 30 April and whenever the UV is 3 and above at other times.

To ensure children attending the service are protected from skin damage caused by over exposure to ultraviolet rays of the sun, the following will apply during the above implementation times.

- Children must wear a hat which protects their face, neck and ears whenever they are outside.
- No Hat, play in the shade.
- Visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when attending activities.

SPF 30+ or higher broad-spectrum water resistant sunscreen will be provided for Educators and children, and applied 20min before going outside and reapplied every 2 hours. It is recommended that sunscreen is used only on exposed skin that cannot be protected with clothing.

- On arrival to OSHC for the afternoon in term 1 and 4 and whenever the UV is 3 and above at other time, sunscreen will be available and Educators will remind children to apply sunscreen and then wash their hands before having afternoon snack.
- Educators will be responsible to check the expiry date to ensure sunscreen is not out of date.
- In the event children have sensitive skin/allergies to sunscreen, families will be asked to provide SPF 30+ broad spectrum, water resistant sunscreen suitable for the child's personal use.
- Discussion about skin and ways to protect it from skin cancer will be included in the children's program.
- When enrolling children, parents will be informed about the Sun Protection Policy. Regular updates will be advised to children, families and Educators regarding current Sun Smart procedures, through programming, displays, newsletters, school website and emails.
- OSHC will provide a red legionnaires hat, for each child's personal use while they are attending OSHC & Vacation care. This hat will remain at OSHC at all times and be kept in their own named pocket.
- Children are encouraged not to share hats, this is to minimise the spread of infections such as head-lice, impetigo and ringworm.
- Educators will be aware of the current Sun smart behaviours, correct application of sunscreen and model the practices including wearing sun protective hats and clothing, sunscreen, sunglasses and seeking shade.
- We address WH&S issues around occupational UV exposure with Educators in Staff meetings and general discussions.
- Activities will be set up in shaded areas and children will be encouraged to seek shade.
- To help maintain vitamin D levels, sun protection measures are not used when UV levels are below 3.
- All children must wear a hat during vacation care when attending excursions.
- Children without adequate sun protective clothing and hats are required to play in shaded areas.
- During Vacation care, where possible, outdoor activities will be scheduled outside the peak UV times of the day
- A combination of skin protection measures are considered when planning outdoor events during vacation care e.g. excursions and water based activities.

Sources

Cancer Council SA -Sun Smart OSHC Policy guidelines

Review

The policy will be reviewed every two years by:

- Management
- Employees
- Families

Last reviewed 2020

Date for next review: 2022