



Epping Views Primary Outside School Hours Care SUN SAFE POLICY

Reviewed:	October 2019	Next Review Date: October 2020
Policy Owner:	Epping Views Primary School Age Care	
National Quality Standards (NQS)	2.1, 2.1.1, 2.1.3, 2.2, 2.2.1,	
Related Policies, regulations and laws	Physical Environment Policy, Supervision Policy, Clothing Policy, Work Health and Safety Policy, Health and Safety Policy Education and Care Services National Law Education and Care Services National Regulations. (2017). Early Childhood Australia Code of Ethics. (2016). Guide to the National Quality Standard. (2017). Revised National Quality Standard. (2018).	

PURPOSE:

Australia has the highest rate of skin cancer in the world. Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. Epping Views Primary School, Out of School Hours Services play a major role in minimising a child's UV exposure as children attend during times when UV radiation levels are highest.

Epping Views Primary School, Outside School Hours care aims to protect all children and staff from the harmful effects of ultraviolet (UV) radiation from the sun.

PROCEDURE:

Some sun exposure is important for vitamin D which is essential for healthy bones and muscles, and for general health. But too much sun can cause skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

OUTDOOR PLAY

- From October to March sun protection is always required, this includes protective clothing, hats and sunscreen.
- In June and July sun protection is advised but not required.
- Sun protection measures will be considered when planning excursions and incursions.

SHADE

- All outdoor activities will be planned to occur in shaded areas. Play activities will be set up in the shade and moved throughout the day to take advantage of shade patterns.
- The Service will provide and maintain adequate shade for outdoor play.
- Shade options can include a combination of portable, natural and built shade.
- Shade does not guarantee total protection, so hats, protective clothing and sunscreen should be still be used.

HATS

- Staff and children are required to wear sun safe hats that protect their face, neck and ears.
- A sun safe hat is: Legionnaire hat. Bucket hat with a deep crown and brim size of at least 5cm (adults 6cm). Broad brimmed hat with a brim size of at least 6cm (adults 7.5cm).

Please note: Baseball caps or visors do not provide enough sun protection and therefore are not recommended.

Children without a sun safe hat will be asked to play in an area protected from the sun e.g. under shade, or indoors.

CLOTHING

- When outdoors, staff and children will wear sun safe clothing that covers as much of the skin (especially the shoulders, back and stomach) as possible.
- This includes wearing: Loose fitting shirts and dresses with sleeves and collars or covered neckline. Longer style skirts, shorts and trousers.
- Children who are not wearing sun safe clothing will be required to play in a shaded area or indoors.

Please note: Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

SUNSCREEN

- Staff and children will apply SPF50+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors and reapply every 2 hours.
- Sunscreen is stored in a cool, dry place and the use-by-date monitored.

ROLE MODELLING

Staff will act as role models and demonstrate sun safe behaviour by:

- Wearing a sun safe hat (see Hats).
- Wearing sun safe clothing (see Clothing).
- Applying SPF50+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors.
- Using and promoting shade.
- Wearing sunglasses that meet the Australian Standard 1067 (optional).
- Families and visitors are encouraged to role model positive sun safe behaviour.
- Record the UV Rating daily and throughout the day.
- Regularly monitoring and reviewing the effectiveness of the Sun Safety Policy

EDUCATION AND INFORMATION

- Sun protection will be incorporated regularly into learning programs.
- Sun protection information will be promoted to staff, families and visitors.
- Further information is available from the Cancer Council website
www.cancercouncil.com.au/sunsmart
- The Sun Safety Policy will be made available to all Educators, Staff, Families, and Visitors of the service to ensure a comprehensive understanding about keeping sun safe.