

D-8 Sun Protection

Epping Heights OSHC.

NQS

QA. 2.1	Health.
QA. 2.2	Safety.
QA. 3.1	Design.
QA. 3.1.1	Fit for purpose.
QA. 6.1.1	Engagement with the service.
QA. 6.1.3	Families are supported.
QA. 7.1.2	Management systems.

National Regulations

Reg. 100	Risk assessment must be conducted before excursion
Reg. 113	Outdoor space: natural environment
Reg. 114	Outdoor space—shade
Reg. 160	Child enrolment records to be kept by approved provider and family day care educator
Reg. 161	Authorisations to be kept in enrolment record
Reg. 162	Health information to be kept in enrolment record
Reg. 168	Education and care service must have policies and procedures
Reg. 171	Policies and procedures to be kept available

My Time, Our Place

LO. 1	Children and young feel safe, secure and supported
LO. 3	Children and young people have a strong sense of wellbeing
	Children and young people are aware of and develop strategies to support their own mental and physical health and personal safety
LO. 4	Children and young people transfer and adapt what they have learned from one context to another

POLICY STATEMENT

We aim to ensure that all children attending the Centre will be protected from harmful rays of the sun, whilst understanding that Vitamin D, sourced from the sun, is an important factor in keeping bones and muscles strong and healthy. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. All staff are to model appropriate sun protection behaviour and enforce the sun protection policy. Parents and families will be informed of the Centre's policy on Sun Protection through posters, newsletters and the Family Handbook.

RELATED POLICIES

- Epping Heights OSHC Policy A-4: Enrolment
- Epping Heights OSHC Policy A-10: Acceptance and Refusal of Authorisations
- Epping Heights OSHC Policy A-19: Nominated Supervisor
- Epping Heights OSHC Policy D-15: Allergies
- Epping Heights OSHC Policy E-2: Written Programs

PROCEDURE

To assist with the implementation of this policy, educators and children are encouraged to access the daily local sun protection times via the free SunSmart app, or at sunsmart.com.au or my.com.au

Children and staff should wear protective clothing when outside such as hats that protect their face, ears, and neck, and be encouraged to wear shirts that cover their shoulders and necks. Bucket hats and broad brimmed hats are preferred. Baseball caps and visors are not recommended.

Staff will direct children to wear hats for outdoor play.

Children who do not have a hat should play in a sheltered area. Staff should enforce the 'No Hat - No Outside Play' rule. The UV rating will be assessed for each session and recording in the WHS checklist. Children without hats may play outside if the UV rating is low at the discretion of the Responsible Person on duty.

Children will not share hats. Children are responsible for storing their own hats in their own school bags. Where the Centre's spare hats are used, they are to be used only by one child. All spare hats must be washed before use by anyone else.

Sunglasses are recognised as an important factor in the protection of our eyes from the sun's rays. Sunglasses will be encouraged for all staff and students during operation of the service.

An SPF50+, broad-spectrum, water-resistant sunscreen will be made available in the Centre; however parents are expected to have applied sunscreen to their child prior to arriving to school. During the months of October to March, staff may assist children in reapplying sunscreen prior to going outside to play in the afternoons, if necessary, Parents will be informed of the sun protection policy upon enrolling their child in the Centre.

Where children have allergies or sensitivity to the sunscreen, parents will be asked to provide an alternative sunscreen, and/or the child encouraged to play in the sheltered areas.

The sun protection message should be reinforced throughout the program (see Written Programs policy)

Activities are to be planned to avoid exposure to the sun between the hours of 11: 00 am and 3:00 pm. If the UV rating is high, scheduled activities may be changed or adjusted to avoid prolonged sun exposure.

Outdoor activities will be held in shaded areas whenever possible.

Where shade is considered inadequate, Management should be approached to provide additional shade cover.

The Centre will incorporate sun and skin protection awareness activities in the program and provide notices and posters about the topic.

All sun protection practices will be maintained on excursions, including walking to and from the centre, where applicable. Sun protection will be included in the risk assessment for excursions.

SOURCES

- Education and care Services National Regulations (2018) Part 4.7 Division 2 (168)
- National Quality Framework: QA 2.3.2
- National Quality Standards
- My Time, Our Place Framework for School Age Care in Australia
- Cancer Council Australia: SunSmart Recommendations
- Epping Heights Public School – No Hat, No Play Policy
- Department of School Education NSW – Sun Protection Policy

Endorsed: 04/06/2024	Review Date: 04/06/2026
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