



Star of the Sea School

OSHC
Sun Protection Policy

Open Hearts Open Minds



SCHOOL VISION STATEMENT

Our school is built on the core values of respect, inclusivity, compassion, collaboration and honesty. We support our families as the first and foremost educators of their child's faith development. Our vision paves the way for educating students for the 21st century but also draws from our history and tradition.

We guide our learners to be self-managed, innovative and critical thinkers who have a strong sense of who they are and their relationship in their world. As a learning community, we value the skills necessary to build meaningful relationships and for learners to be connected to each opportunity to develop their own personal growth. We encourage our learners to question, explore and discover so they actively contribute to a more compassionate society.

PURPOSE

At Star of the Sea School, we believe that ensuring children's health and wellbeing is fundamental to their learning, growth, and enjoyment of OSHC. Protecting children from the harmful effects of ultraviolet (UV) radiation is a critical part of our duty of care.

The purpose of this Sun Protection Policy is to promote practices that minimise children's risk of sunburn, skin damage, and long-term health issues related to UV exposure. We are committed to providing a safe and supportive environment by fostering sun-safe behaviours, ensuring access to shaded areas, and embedding sun protection measures into our daily routines and program planning.

This policy reflects our service's commitment to children's safety, in partnership with families, and aligns with relevant health guidelines and regulatory requirements.

Guided by Gospel values of justice, dignity, and respect for each individual, our policy is also shaped by our obligations within the broader legal and community context in which Catholic schools operate. We are committed to meeting all legislative requirements to safeguard the wellbeing of every child in our care.

POLICY STATMENT

At Star of the Sea OSHC, we are committed to providing a balanced and evidence-based approach to ultraviolet (UV) radiation exposure. Our policy follows current scientific guidelines to ensure children and educators are protected from harmful UV rays while still supporting healthy levels of UV exposure. This approach is seasonal and responsive to the daily UV index. We will:

- Access and monitor the current UV index rating from SunSmart.
- Encourage a combination of effective sun protection strategies.
- Promote safe and sensible levels of sun exposure.
- Require educators to consistently model sun-safe practices.
- Support children in developing personal responsibility for their own sun protection.
- Provide access to both shaded and sunny areas to allow choice and flexibility.
- Ensure all families, educators, and staff are informed about the service's sun protection policy.

BACKGROUND

Ultraviolet (UV) radiation from the sun cannot be seen or felt and is most intense in the middle of the day. Regardless of weather conditions, sun protection is essential when the UV index is three or higher. Excessive exposure to UV radiation can lead to sunburn, skin and eye damage, and significantly increases the risk of developing skin cancer later in life.

Australia has one of the highest rates of skin cancer in the world, with two in three Australians diagnosed by the age of 70. Infants and young children are especially vulnerable to UV damage due to their developing skin. Evidence shows that UV damage accumulated in childhood greatly contributes to skin cancer risk in adulthood.

At the same time, appropriate levels of UV exposure are important for maintaining adequate vitamin D, which is vital for strong bones, muscles, and overall health. Sensible sun protection during periods of high UV (levels of three and above) does not lead to vitamin D deficiency.

In South Australia, UV levels are generally highest from August through April. During periods of very high or extreme UV ratings, we prioritise indoor or shaded play to protect children while ensuring opportunities for healthy, balanced sun exposure throughout the year.

OBJECTIVES

The purpose of this Sun Protection Policy is to promote a safe and sun-smart environment for all children, educators, and staff at our OSHC service. Specifically, this policy aims to:

- Encourage the use of a combination of effective sun protection strategies by children and staff when the UV Index reaches 3 or above.
- Ensure that indoor play options are made available when UV levels are very high or extreme.
- Promote the development of safe outdoor play areas by maximising access to shade during peak UV times.
- Foster independence and responsibility in children by educating and supporting them to manage their own sun protection.
- Ensure that all families and new staff are made aware of and understand the service's Sun Protection Policy.

NATIONAL QUALITY STANDARDS

QA2	Children's health and safety
QA1	Educational program and practice
QA3	Physical environment
QA5	Relationships with children
QA6	Collaborative partnerships with families and communities
QA7	Government and leadership

OTHER LEGISLATION/GUIDELINES

Education and Care Services National Law Act 20.0	
Section 1.67	Protection from harm and hazards
Education and Care Services National Regulations 201.1.	
Regulation 1.00	Risk assessment must be conducted before excursion
Regulation 1.13	Outdoor space-natural environment
Regulation 1.14	Outdoor space-shade
Regulation 1.68	Policies and procedures (2)(a)(ii)-sun protection
Regulation 1.70	Policies and procedure to be followed
Regulation 1.71	Policies and procedures to be kept available
Regulation 1.72	Notification of change to policies or procedures.
Work Health and Safety Act 2012	

MY TIME OUR PLACE

Outcome 2	Children are connected with and contribute to their world
Outcome 3	Children have a strong sense of well-being
Outcome 4	Children are confident and involved learners
Outcome 5	Children are effective communicators.

HOW THE POLICY WILL BE IMPLEMENTED

Educators will check the daily local sun protection times using the Sunsmart app to guide the application of this policy.

Before School Care: Sun protection is generally not required, as UV levels are rarely at or above 3 during this period. Staff will remain vigilant and monitor conditions if required.


After School Care: Sun protection measures will be implemented during Terms 1 and 4. During Terms 2 and 3, staff will consult the daily local sun protection times to determine if sun protection is required, applying measures whenever the UV index reaches 3 or above.

Vacation Care: Sun protection measures are required for all outdoor activities from 1 August to 30 April. At other times, sun protection will be implemented whenever the UV index reaches 3 or above.

ULTRAVIOLET (UV) INDEX:

The UV Index is a vital tool for protecting children and staff from harmful UV radiation. It guides when sun protection measures should be implemented. Staff will check the UV Index daily to ensure appropriate sun protection strategies are in place.

Sun protection times are provided by the Bureau of Meteorology when the UV Index is forecast to reach 3 or above. This supports educators in planning and supervising outdoor activities. UV Index levels can be accessed via:

SUN PROTECTION and the UV INDEX										
Low		Moderate			High		Very High		Extreme	
UV INDEX 1	UV INDEX 2	UV INDEX 3	UV INDEX 4	UV INDEX 5	UV INDEX 6	UV INDEX 7	UV INDEX 8	UV INDEX 9	UV INDEX 10	UV INDEX 11+
SUN PROTECTION NOT REQUIRED		SUN PROTECTION REQUIRED								
Unless outdoors for extended periods, or near reflective surfaces such as snow or water.		Wear sun-protective clothing, a broad-brimmed hat and sunglasses. Apply SPF30+ sunscreen to any unprotected skin. Seek shade.								
										

Sun protection times are issued by the Bureau of Meteorology when the UV Index is forecast to reach 3 or above, therefore it is very useful to support Educator practices, especially in the set-up of outdoor play activities.

UV index levels are accessible via the following links/Apps:

- <http://www.bom.gov.au/uv/>
- <https://www.myuv.com.au/>
- <https://www.sunsmart.com.au/resources/sunsmart-app>
- <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart>

PROTECTIVE CLOTHING (SLIP)

- When the UV Index is 3 or above, children must wear protective clothing that covers as much skin as possible.
- This includes correct school uniform during term time and sun-protective clothing during Vacation Care (e.g., tops with sleeves, longer shorts, rash tops).
- Enclosed shoes are required to protect feet during outdoor activities.

SKIN PROTECTION/ SUNSCREEN (SLOP)

- SPF 30+ or higher broad-spectrum, water-resistant sunscreen is provided for staff and children.
- Sunscreen must be applied at least 20 minutes before outdoor play and reapplied every two hours.
- Sunscreen is not provided when the UV Index is below 3 to allow safe sun exposure for vitamin D.
- Families provide alternative sunscreen for children with allergies.

PROTECTIVE HATS (SLAP)

Children must wear broad-brimmed hats that protect the face, neck, and ears. Baseball caps are not permitted.

PHYSICAL ENVIRONMENT (SEEK)

- Outdoor activities are scheduled outside peak UV times where possible.
- Regular shade audits are conducted.
- Adequate shade structures and trees are maintained.
- Shade is considered in all excursion planning.
- Children without appropriate hats or clothing will be directed to shaded areas.
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EYE PROTECTION (SLIDE)

- Children and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard As/NZS 1067.1:20, .6 (Sunglasses: lens category two, three or four) and cover as much of the eye area as possible.
- Novelty tinted glasses do not protect against UV radiation and are not recommended. However, it will not be mandatory to wear sunglasses due to the financial cost for families providing practical eye protection for children.

DIRECTOR/ASSISTANT DIRECTOR RESPONSIBILITIES:

- Check the daily UV Index at 7:00 am on the Sunsmart website and inform educators of the relevant exposure level category for the day.
- Organise or provide alternative venues for scheduled outdoor activities during periods of very high or extreme UV, where practical. If an alternative venue cannot be arranged, reschedule outdoor activities outside of peak UV times or conduct them in shaded areas wherever possible.
- Ensure educators adhere to the Sun Protection Policy by providing suitable protective hats, access to sunscreen, and encouraging protective eyewear when facilitating outdoor activities. Ensure correct uniform standards are maintained.
- Incorporate sun protection education into programs to support children's wellbeing, learning, and development. Reinforce the policy through staff and children's activities and displays.
- Provide sun protection information through newsletters, noticeboards, and the service website.
- Regularly review (annually) and update the effectiveness of the Sun Protection Policy as required.

EDUCATORS WILL:

- Ensure children adhere to the Sun Protection Policy during operational hours, particularly when engaging in outdoor activities.
- Model safe sun practices in line with service guidelines, including:
 - Wearing sun protective hats and clothing
 - Wearing sunglasses
 - Applying SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen
 - Seeking shade whenever possible

FAMILIES AND CHILDREN WILL:

- Familiarise themselves with the Sun Protection Policy to ensure children are prepared with appropriate protective hats, correct uniform, enclosed footwear, and sunscreen during OSHC and Vacation Care.
- Adhere to the policy when engaging in outdoor activities. Children without appropriate hats, clothing, or footwear, or who refuse to comply with sunscreen application, will not be allowed to participate in outdoor activities.

VISTORS AND VOLUNTEERS WILL:

- Use a combination of sun protection measures when participating in or attending outdoor activities with the service.

EXTREME HEAT PROCEDURE:

- In line with the Sun Protection and Hot Weather Policies, children will not engage in outdoor activities if the UV Index is very high or extreme. Children will be encouraged to drink water regularly and remain hydrated.
- For Vacation Care excursions, the Director will assess the nature of the excursion and cancel it if unavoidable outdoor activities would occur during periods of very high or extreme UV exposure.

RESOURCES:

- **Sun Protection Times:** Download the free Sunsmart app or visit the Bureau of Meteorology website for daily UV forecasts.
- **Shade Audit Tool:** Assess and improve your service's shade at www.sunsmart.com.au/shade-audit
- **Generation SunSmart:** Interactive sun safety modules for staff and children at www.generationsunsmart.com.au
- **SunSmart Millionaires Game:** <https://app.education.nsw.gov.au/rap/resource/access/a0d1bab8-c857-4bf6-9b95-640d3776b20d/1>
- **SunSmart Activity Book for Kids:** https://www.cancersa.org.au/uploads/sunsmart/SunSmart-activity-book-for-kids_general.pdf

POLICY REVIEW

This policy will be reviewed annually to ensure it remains effective and relevant to the needs of our school community.

ACKNOWLEDGEMENT AND APPROVAL

This policy has been developed in consultation with staff, students, and the broader school community and was approved on _____.

REVISION RECORD

Implemented	November 2024
Ratified by School Board	
Last Reviewed	29 th June 2025
Next Review	June 2026

REFERENCES/RESOURCES

- UV & Sun Protection (Sun Smart) <https://www.sunsmart.com.au/uv-sun-protection>
- UV & Sun Protection Times (Bureau of Meteorology) <https://www.bom.gov.au/uv/?ref=fttr>
- Cancer Council SA - Resources for School and OSHC
<https://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/primary-schools/resources-schools-oshc/>
- ACECQA Sun protection policy and procedure guidelines (August 2021) -
<https://www.acecqa.gov.au/sites/default/files/2021-08/SunProtectionGuidelines.pdf>