

SunSmart OSHC and Vacation Care Programs



Please use this checklist for your skin protection policy and practice.

To all OSHC services - Please note

As OSHC services run after school, generally between 3:00 pm and 6:00 pm – it is important to check the UV Alert for the times that the UV will be 3 and above to ensure skin protection strategies are in place. This is particularly important in the months from November through to March where UV levels from 3:15 pm to 5:00 pm may still be 3 and above.

	<p>Policy review checklist for OSHC and vacation care in South Australian primary schools</p>
	<p>The skin protection policy be in place from the beginning of September until the end of April and when the ultraviolet radiation (UVR) level is 3 and above at other times.</p>
	<p>All students and staff wear a hat that gives good cover to the face, neck and ears whenever they are outside from beginning of September until end April and when the UVR level is 3 and above outside of these times. Recommended are broad brimmed, legionnaire or bucket style hats (bucket hats must have a deep crown and 6 cm brim). Baseball caps are not allowed.</p>
	<p>Appropriate skin protective clothing is included in the dress code. This includes shirts with collars and longer sleeves, longer style short/dresses, the wearing of a rash vest or close fitting T-shirt over bathers for outdoor swimming activities.</p>
	<p>The service has sufficient shade.</p>
	<p>Students are actively encouraged to use available areas of shade for outdoor activities.</p>
	<p>Students who do not have appropriate hats with them are asked to play in an area protected from the sun.</p>
	<p>Staff act as positive role models by practising SunSmart behaviours including appropriate hat wearing when outdoors.</p>
	<p>The use of SPF 30+ broad spectrum, water resistant sunscreen is actively encouraged, with time for application of sunscreen allowed before going outdoors. Sunscreen to be available in various locations around the service.</p>
	<p>SunSmart behaviour is regularly reinforced and promoted and all families and staff members are informed of the policy.</p>
	<p>The use of sunglasses that have an Eye Protection Factor (EPF) rating of 10 and meet the Australian Standards AS/NZ1067:2003 is encouraged where appropriate.</p>
	<p>The service reviews its skin protection policy regularly (at least every two years) to ensure that the information remains current and relevant.</p>
	<p>For day care and vacation care extra care is taken during the peak UVR times and outdoor activities are scheduled outside of these times where possible.</p>
	<p>For day care and vacation care a combination of skin protection measures are considered when planning outdoor events (excursions, sporting and swimming activities).</p>

For further information please contact **Cancer Council Helpline 13 11 20** or chl@cancersa.org.au

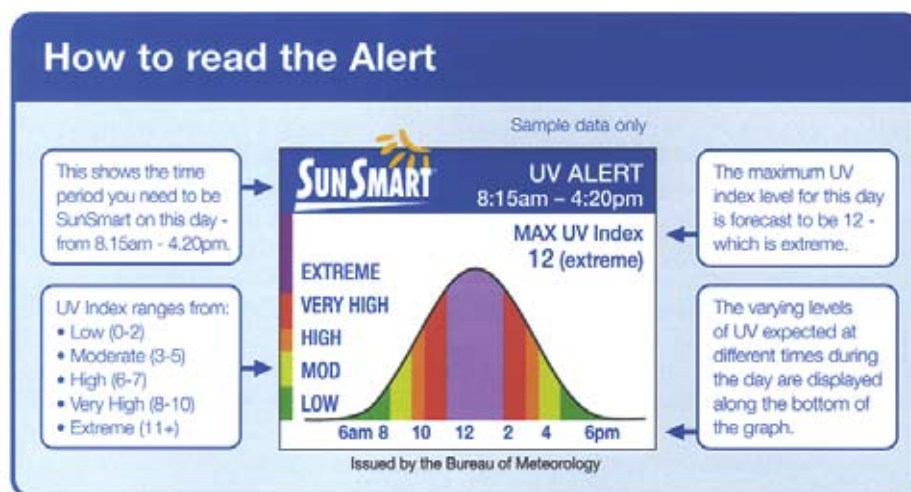
SunSmart UV Alert—add it to your Favourites on your computer.

Ultraviolet radiation (UVR) is the part of the sunlight that causes damage to your skin. When the UVR level reaches 3 (moderate) or above it is strong enough to cause damage to unprotected skin. In South Australia the UVR levels are generally 3 and above from around the beginning of September until the end of April. There are also times during May and August where the UVR level can reach 3 or higher so there is a need to monitor the UVR levels during these months.

The SunSmart UV Alert is a tool that can be used to find out when to protect your skin from UVR. It is based on the Global Solar UV Index, a rating system that indicates the amount of UVR from the sun that reaches the earth's surface. The higher the index value the greater potential for skin damage.

How to find out what the UV level is?

- Look for the SunSmart UV alert on The Advertiser weather page or go to <http://www.bom.gov.au/weather/uv>
The SunSmart UV alert is issued every day by the Bureau of Meteorology. It tells you the hours when the UV will be 3 and over, so you know that skin protection is needed (i.e. UV Alert 10:30 am – 3:15 pm). When the UV is below 3, no UV Alert is issued.



Find out more

Cancer Council Australia's updated position statement "The risks and benefits of sun exposure" www.cancer.org.au/positionVitD
General SunSmart information

- www.sunsmart.org.au
- Cancer Council Australia www.cancer.org.au/cancersmartlifestyle/sunsmart

UV information

- Bureau of Meteorology <http://www.bom.gov.au/weather/uv>
- Australian Radiation Protection and Nuclear Safety Agency (ARPANZA) www.arpansa.gov.au/uvindex/daily/ausuvindex.htm
- Real time UVR levels for around Australia www.arpansa.gov.au/uvindex/realtime/ausrealtime.htm

updated September 2009