



Sun Smart Policy

Philosophy Statement

Epic Holiday Camps are committed to creating a fun and safe environment for school-aged children to enjoy meaningful **real-world experiences** to remember forever. With a focus on **learning through play**, we offer exciting **age-matched activities** to support children in gaining confidence, developing their identity and enhancing their **health and wellbeing**. Organisational culture is important to us and we strive to build teams of motivated, fun and **engaging teachers** who children and families can **respect and trust**. Effective communication with children and their families underpins everything we do, ensuring we foster respectful relationships and **continually improve** our program delivery.

Policy Rationale

In Australia, it is important that we maintain a healthy balance of exposure to the sun's ultraviolet (UV) rays. Too little exposure to the sun can result in reduced Vitamin D levels. Vitamin D promotes calcium absorption in the body and is important in the maintenance of healthy bones and general health. Too much exposure to the sun's UV rays can result in sunburn, eye damage and skin cancer.

Australia has one of the highest rates of skin cancer in the world, so it is important that sun protection is sought at those times of the year when UV levels are high.

It is recommended that at any time UV levels reach 3 and above on the UV index, sun protection strategies are implemented. In Victoria, these levels are generally reached from September to the end of April each year.

EPIC Holiday Camp's has a responsibility to keep children safe and protected at all times. This is especially important when children are outside and need to be protected from the sun. The service will actively promote sunsmart practices and children will be required to follow these practices each September/October, December/January and March/April holiday period.

EPIC Holiday Camp's supports a Sun Protection Policy, which means: No hat + No sunscreen + No T-shirt = no outdoor play.

Procedures

Parents/guardians must supply sunscreen and a hat (preferably wide brimmed) for their child, especially during the September/October, December/January and March/April and other times as necessary. Parents/guardians are also expected to ensure that their children are



appropriately clothed to minimise risk of sun damage. In line with Cancer Council advice we recommend a T-shirt or other item where neck, shoulders and upper body is covered.

Shoestring dresses and singlets are not recommended.

- If parents/guardians provide their own sunscreen for their child, it is the responsibility of parent/guardian to ensure the sunscreen is within its use by date. Expired sunscreen does not offer adequate sun protection. SPF 30+ broad spectrum sunscreen is recommended for children.
- Educators will promote a combination of sun smart practices in the service and be positive role models themselves.
- Sunscreen will be available at the service.
- Educators will be responsible for checking the use by date of the service sunscreen.
- Educators will exercise a common sense approach and take extra care with children outside between the hours of 10:00am and 4:00pm. Educators will assess the availability of shaded areas and if necessary limit outdoor time on days where UV levels are particularly high.
- Children will be encouraged to reapply sunscreen themselves during program time and at all outdoor excursions. However, if a child is finding this difficult educators will assist the child if permission has been granted on the child's enrolment form.
- Children are encouraged to play in shaded areas.
- Children are also encouraged to wear loose fitting clothing that covers as much skin as possible during outside activities.
- Children who do not have appropriate sun protection – hats, clothing or sunscreen, will be required to play in the shade and if this is not possible, will remain indoors with educators.

References:

ACECQA National Quality Framework Resource Kit (2012)

Quality Area 1 – Educational Program and Practice.

Quality Area 2 – Children's health and safety

Education and Care Services National Law Act (2010), S 167, S 168

Sun protection Sunsmart – www.sunsmart.com.au

The Cancer Council of Victoria: <http://www.cancervic.org.au/>

Sunsmart: <http://www.cancervic.org.au/preventing-cancer/be-sunsmart>