

Sun Safety

We believe that it is a shared responsibility between parents, students and the staff to ensure that children are protected from Ultra Violet radiation. We would like this to be remembered during Student Free days and Vacation Care, where children need to wear clothing that protects their shoulders and wide brimmed or bucket hats (not caps).

Staying in line with the recommendations from the Cancer Council and Trinity College Blakeview School, Trinity College Blakeview OSHC will be accessing the daily UV Alert graph daily to ensure that children are wearing a broad brimmed or bucket hat and sunscreen 30+ when the UV rating is above 3.

This information can be accessed on the following web site:

http://www.bom.gov.au/products/UV/Adelaide_SA.shtml

A No hat –play under verandahs only policy is adopted for any children who don't have a wide brimmed or bucket hat, if the UV rating is above 3. During the day when the rating is less than 3 children are able to play outside with no hat or sunscreen as it is important during this time for children to have exposure to vitamin D.

During Vacation Care and Student Free Days it is recommended that sunscreen is used (as recommended on the bottle) on exposed skin that cannot be protected naturally by clothing and **children bring a wide brimmed or bucket hat everyday** so they are able to play outdoors if the UV rating is above 3. We prefer children to wear clothing that covers their shoulders and back as these are areas that are more sensitive, and need protecting from UV rays. Protection can be wearing loose light-coloured closely woven cotton garments with sleeves. If children wish to wear sun glasses we recommend that parents check that they are approved by the Cancer Council.

When attending any outdoor swimming excursions children **MUST** wear swimming tops that cover their shoulders and back, failure to do this may result in children not being able to participate.

Sunscreen will be supplied to the children by the service, if there are any issues with children using the provided sunscreen (if your child is allergic) then you will be required to provide your child with acceptable sunscreen.

Reviewed October 08