

Staying Sun Smart at Outside School Hours Care

At Outside School Hours Care, the children always enjoy playing outdoors – whether it be group sport activities, playing on the playground or even doing homework with some fresh air. Whatever the activity is, we put utmost importance on the health and safety of the children, so remaining sun smart is always a priority.

Our sun smart policy complies with the SunSmart Guidelines to ensure all children, educators and visitors are protected from over-exposure to UV radiation while maintaining adequate vitamin D levels. Sensible sun protection does not put people at risk of vitamin D deficiency.

UV radiation causes harmful effects on health though we can't see or feel it. Prolonged exposure under the sun's UV can cause sunburn, skin and eye damage, and skin cancer. Protecting your skin from UV exposure is important at any age, but it is particularly important during childhood and adolescence as their skin is vulnerable to damaging sun rays.

To stay sun smart this Summer, children are required to wear their hats during outdoor activities for adequate sun protection. We suggest wide-brimmed hats as these cover the neck, ears and shoulders – these areas are prone to sunburn. Apart from hats, children are also advised to wear sunscreen which we provide at our services.

To find out more about the Camp Australia OSHC program, please visit our website at www.campaustralia.com.au or call our friendly Customer Care on 1300 105 343. The team are available 24 hours a day, 7 days a week (except National Public Holidays).

Have a wonderful day and don't forget to stay Sun Smart!