

## **Purpose**

168(2)a Health and Safety; including matters related to:

1. Nutrition, food & beverages, dietary requirements
2. Sun protection (SunSmart)
3. Water safety, including safety during any water-based activities
4. The administration of first aid

## **Policy**

Health and Safety

## **Procedures**

### **Nutrition, food & beverages, dietary requirements**

- Please see separate Nutrition, Food & Beverages, and Dietary Requirements Policy

### **Sun protection (SunSmart)**

- The Westgarth Primary School SunSmart Policy applies to the Outside School Hours Care program at Westgarth Primary School.
- All references in the Westgarth Primary School SunSmart policy to “teacher” is to be interpreted as a reference to an “Educator” at the Outside School Hours Care program at Westgarth Primary School.

### **Water safety, including safety during any water-based activities**

- The program will ensure that:
  - i. all water play is constantly monitored by a dedicated member of staff.
  - ii. water play is only permitted on 30 degree plus days, and
  - iii. ends at 4.45pm to allow children time to dry off before pickup if required.

### **The administration of first aid**

- Please see OSHC Incident, Injury, Trauma & Illness Policy.

### **Sleep & Rest for Children**

- Sleep & Rest policy is based on current research and recommended evidence-based principles and guidelines. [Red Nose](#) (formerly SIDS and Kids) is considered the recognised national authority on safe sleeping practices for infants and children.

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- Families are consulted about their child's individual needs and we are sensitive to different values and parenting beliefs, cultural or otherwise, associated with sleep and rest.
- As per Standard 2.1 (element 2.1.2) of the National Quality Standard, each child's comfort is provided for and we provide each child with appropriate opportunities for sleep, rest, and relaxation.
- Children should sleep and rest with their face uncovered.
- A passive place will be designated for rest and sleep, away from interactive groups if required. When used for rest, the space allows for a calm play experience.
- Sleep and rest environments and equipment are safe and free from hazards.
- Supervision planning and the placement of educators across a service ensures Educators are able to adequately supervise sleeping and resting children.
- Educators closely monitor sleeping and resting children and the sleep and rest environments. This involves checking/inspecting sleeping children at regular intervals, and ensuring they are always within sight and hearing distance of sleeping and resting children so that they can assess a child's breathing and the colour of their skin.
- If a child requires rest a parent is contacted to establish whether there are any health concerns and to facilitate early collection.

## **OH&S**

- The Westgarth Primary School Occupational Health & Safety Policy applies to the Outside School Hours Care program at Westgarth Primary School.

## **Related documents and attachments**

- Education and Care Services National Regulations 2011
- National Quality Framework
- OSHC Nutrition, Food & Beverages, and Dietary Health Requirements Policy
- OSHC Incident, Injury, Trauma & Illness Policy
- WPS SunSmart Policy
- WPS Occupational Health & Safety Policy

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