



Sun protection policy

Purpose

All department school sites and early childhood education and care services must have a sun protection policy in effect for school terms 1, 3 and 4 AND whenever ultra violet (UV) radiation levels reach 3 or above. Sites must inform the school community including employees, students, parents and volunteers of the sun protection policy. Parents, carers and other adults are powerful role models and we encourage everyone to practice healthy sun protection behaviours. When adults use sun protection, it not only protects them, it means children are more likely to use them too. Children and young people are encouraged to develop independent sun protection skills and be responsible for their own sun protection.

UV and Vitamin D

The sun's UV radiation is both the main cause of skin cancer and the best natural source of vitamin D. Vitamin D is essential for healthy bones and muscles for general health. Too much UV radiation can cause skin and/or eye damage and skin cancer. Too little vitamin D can lead to a vitamin D deficiency. People who may be at risk of vitamin D deficiency should talk with their health provider.

Work Health and Safety and Role Modelling

As part of work health and safety UV risk controls, when the UV Index is 3 and above, staff use a combination of sun protection measures including wearing sun protective hats, clothing and sunglasses, apply sunscreen and seek shade for all outdoor activities. Staff are encouraged to adhere to and practice all sun protection strategies.

Families, visitors, contractors and student teachers are encouraged to use a combination of sun protection measures when participating in or attending outdoor school activities.

Using sun protection

The school uses a combination of sun protection measures for all outdoor activities on and off site **during school terms 1, 3 and 4**. This includes at break times, recess/lunch times, outside fitness and off site activities (camps and excursions). Hats will be worn by students and staff for any off site activity during school term 2 as well. Strategies include the following:

UV ratings and times

Staff are encouraged to access the SunSmart UV Alerts at www.bom.gov.au/sa/uv or SunSmart Global UV app, to find out daily local sun protection times to assist with the implementation of this policy.

Scheduling

Peak UV radiation times are considered when planning outdoor activities and are scheduled outside of these times when possible.

Clothing

Sun protective clothing is included in the school uniform/dress code. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts/skorts.

Sunscreen

The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students' use. Students are encouraged to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen, particularly if they have skin sensitivities.

Sunscreen will be applied by the person themselves, at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors.

Strategies are in place to remind students to apply sunscreen before going outdoors e.g. reminders when exiting the classroom, posters in classroom. Reminder notices are sent home to families via the newsletter and on social media.

Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats whenever they are outside. The school uniform includes a poly cotton bucket hat with elastic toggle pull which is available for purchase. Baseball or peak caps are not acceptable.

Shade

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Outdoor events to be held during term two or earlier in the day where practical.

Students are encouraged to use available areas of shade when outside.

Students who do not have appropriate hats or clothing are asked to stay in the shade or a suitable area protected from the sun.

Sunglasses

Sunglasses that are labelled with UV protection and are large enough to cover your eyes fully can provide sun protection to your eyes from all angles.

Curriculum

Programs on skin cancer prevention are included in the curriculum for all year levels.

Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

Temperature

If the actual temperature in Goolwa on the Bureau of Meteorology (BOM) is 36 degrees or higher at the beginning of a scheduled break time, outside yard play will be cancelled and the inclement weather process will apply.

Communication, promotion and review

This policy was approved at Governing Council in March 2024.

It is available on the school website and in administration files.

It is provided to all new families in our enrolment pack.

Reminders about the policy and notifications of the policy being adhered to are distributed to families and the community via school newsletter and social media.

Supporting Information

The information has been extracted from the [Cancer Council SA SunSmart policy](#)

www.bom.gov.au

www.sunsmart.com.au

GPS inclement weather process.

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Approved April 2024

To be reviewed every 2 years.