

Elizabeth South Primary School – Sun Protection Policy 2026



Last updated: February 2026

Next policy review: February 2029

This sun protection policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures during terms 1, 3 and 4 and all day on days when the ultraviolet (UV) index is predicted to be 3 and above during term 2.
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- assist students to be responsible for their own sun protection
- ensure families and staff are informed of the school's sun protection policy
- understand the balance of UV radiation exposure and health

Rationale

A balance of UV radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection whenever UV is 3 and above does not put people at risk of vitamin D deficiency.

Sun Protection

Elizabeth South Primary School uses a combination of sun protection measures for all outdoor activities on and off site during terms 1, 3 and 4 and all day on days when the UV is predicted to be 3 and above during term 2.

Sun Protection Times

During term 2, it is an expectation that all staff at Elizabeth South Primary School access the daily sun protection times using the MyUV website (myuv.com.au) each day to support the implementation of sun protection at school. For UV 3+, students will be SunSmart.

This information will be displayed on our daily bulletin.

Hats

All staff and students are required to wear SunSmart hats during terms 1, 3 and 4 and all day on days when the UV is predicted to be 3 and above during term 2. Broad brimmed, bucket or legionnaire style hats that shade the head, face, ears and neck provide the best sun protection. Where hats are not accessible, a 'no hat, play in the shade' approach to sun protection is in place. Baseball caps or visors are not acceptable.

Shade

Outdoor activities are held in shaded areas where possible and rest areas are provided in the shade for use during breaks. Students and staff will use the shade of trees, pergolas and tents whenever outdoors.

Scheduling

A combination of sun protection measures are considered when planning outdoor activities such as camps, excursions, sporting activities and water-based activities.

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible or in the shade.

Clothing

Staff and students will wear appropriate clothing that protects the skin. Sun protective clothing is included in the school Uniform Policy including tops with collars and elbow-length sleeves (polo shirt) and longer-style skirts and shorts are recommended. Students who are not wearing appropriate sun protective clothing are asked to play in the shade. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

Where practical, students are encouraged to wear close fitting wraparound sunglasses that provide the best protection against ocular UV damage. Sunglasses should meet Australian Standard AS/NZS 1067 (Sunglasses: lens category 2, 3 or 4).

Sunscreen

Parents will be encouraged to apply a SPF 50 or 50 + broad-spectrum water-resistant sunscreen on their children, before they come to school. Students will be supervised to

ensure they apply and reapply sunscreen to all exposed areas. During terms 1, 3 and 4 and all day on days when the UV is predicted to be 3 and above during term 2, SPF 50 or 50+ broad spectrum water-resistant sunscreen will be available in the classroom for children to apply before going outdoors and break times. Strategies are in place to remind students to apply and reapply sunscreen before going outdoors.

Families with children who have sensitive skin or an allergy to the sunscreen provided are asked to provide suitable SPF 50 or 50+ broad spectrum water-resistant sunscreen for their child's use.

When outdoors for extended periods sunscreen application is encouraged 20 minutes (when possible) before going outdoors and reapplied every 2 hours when remaining or returning outdoors.

Curriculum

Programs on skin cancer prevention can be linked to the Australian Curriculum.

Our school incorporates sun protection education into the curriculum for all year levels.

The information has been extracted from the [Cancer Council SunSmart in Schools](#).

Staff Work Health and Safety (WHS) and Role Modelling

Staff will reinforce and role model the SunSmart message in all school activities and in general school procedures as it is an important strategy in the adoption of the skin protection behaviours.

For WHS, during terms 1, 3 and 4 and all day on days when the UV is predicted to be 3 and above during term 2, staff are required to practice SunSmart behaviours including:

- wearing sun protective hats, clothing and sunglasses (optional), when outside
- applying SPF 50 or 50+ broad-spectrum water-resistant sunscreen
- seeking shade whenever possible

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

Policy promotion

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