



Sun Safe Policy

Rationale

A balance of ultraviolet (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 major 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 when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This sun protection policy has been developed to:

- Support the entire school community to use a combination of sun protection measures whenever the UV Index is 3 or above during all school activities and events on and off-site.
- Ensure families and new staff are informed of the school's sun protection policy.

Procedures

Policy implementation times

Daily sun protection times can be checked by a staff member each morning for our location using the free [SunSmart Global UV app](#) or the [Bureau of Meteorology website](#) to support the implementation of sun protection at the school.

The school uses a combination of sun protection measures for all outdoor activities during Terms 1, 3 and 4 and whenever UV levels reach 3 and above at other times.

Scheduling

A combination of sun protection measures are considered when planning outdoor activities such as camps, excursions, sporting activities and water-based activities at various times across the year.

Care is taken during the peak UV radiation times of the day, and outdoor activities are scheduled outside of these times where possible or in the shade when the UV index is 3 or above.

Sun protection measures

1. Hats

All students and staff are required to wear a broad-brimmed, legionnaire or bucket hat which protects the face, ears, and neck in Terms 1, 3 and 4. Hats with mesh sectioning and caps are not acceptable. The school has bucket hats with the school logo for students to purchase. Alternatively, they can bring their own hat from home, but it must meet the requirements of the Uniform Policy.

2. Clothing

Appropriate sun protective clothing is included in the school uniform. The school polo shirt is made of a closely woven material and includes a collar, high neckline and longer-style sleeve. Longer-style skirts and shorts are also recommended to reduce skin exposure to the sun but must still adhere to the requirements of the Uniform Policy. Rash tops or t-shirts over bathers are required for outdoor swimming activities.

3. Sunscreen

- SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the school for student and staff use in every classroom, all year round.
- As hats are not worn in Term 2, students are encouraged to apply sunscreen regularly on days when the UV index is 3 or above.
- Families and staff are asked to supply their own SPF 50+ broad-spectrum, water-resistant sunscreen if there is concern for skin sensitivity or allergies using the one which is supplied by the school.
- Families with children who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician.
- Students are encouraged to apply sunscreen before or upon arriving at school.
- Students are reminded to apply sunscreen before going outdoors.
- Sunscreen is most effective when applied at least 20 minutes before going outdoors and re-applied every 2 hours.
- Sunscreen needs to be re-applied immediately after water-based activities, towel drying or being washed off.

4. Shade

- Staff are to use available areas of shade for outdoor activities as much as possible.
- Students who are not wearing a hat during Terms 1, 3 and 4 are required to play in the shaded shelter area.
- For sports days or outdoor events outside of the usual learning program, provision of extra shaded areas will be arranged. Students will be encouraged to utilise this available shade when not participating, as well as reapply sunscreen and wear hats throughout the events when applicable.

5. Learning and development

Sun protection education is incorporated into the curriculum for all year levels, taught at least every second year in composite classes.

Policy review

The school will review the policy regularly (at least every three years) and revise the policy when required.

The school will notify any relevant stakeholders should any significant policy updates be made, including families, staff and students.

Related Information

This policy is informed by:

- Cancer Council SA recommendations
- Department for Education requirements: [Sun Exposure](#)
- Work Health and Safety Act 2012

Date of next policy review: September 2029

Governing Council Endorsed: 07/09/26