

Updated: February 2026

SUN PROTECTION GUIDELINES

PURPOSE

These guidelines are to ensure that all staff, students, families and the wider community are aware of Salisbury East High School's commitment to sun safety, minimising the harmful effects of ultraviolet (UV) radiation and providing a supportive environment for healthy sun protection practices. The guidelines also outline procedures for periods of extreme heat.

OVERVIEW

Australia has one of the highest rates of skin cancer in the world. Sun exposure during childhood and adolescence is a major risk factor. The Department for Education (DfE) and Cancer Council SA recommend comprehensive sun protection measures for schools to reduce risk. These guidelines aim to reinforce and model positive sun safe behaviours among our school community.

GUIDELINES

Sun Protection:

- SEHS encourages sun protection measures to be used by all staff and students from 1 August 1st to April 30th, and at other times whenever UV index levels reach 3 or above.
- Staff can check the daily sun protection times each morning for our location using the SunSmart Global UV app, SunSmart widget, myuv.com.au or the Bureau of Meteorology website to support the implementation of sun protection at our school.
- Sun protection should be encouraged for all outdoor activities.

Clothing and Sunscreen:

- Students and staff are encouraged to wear hats that protect the face, neck, and ears when outside (i.e. broad-brimmed or bucket hats).
- Students and staff are encouraged to wear sun protective clothing (including collared shirts and longer sleeves), which form part of the uniform policy.
- Families and staff are asked to supply their own SPF 50+ broad-spectrum, water-resistant sunscreen.
- Students should apply sunscreen 20 minutes before going outdoors and reapply every two hours; it should also be re-applied immediately after sweating, water-based activities, towel drying or being washed off.
- Where practical, students and staff are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard AS/NZS 1067.1:2016 (lens category two, three or four) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation.

Shade:

- Students are encouraged to make use of shaded areas during recess, lunch and outside activities.
- Staff are to use available areas of shade for outdoor/curriculum activities when possible.
- The school will maintain and review shade provision regularly and, in consultation with the school Governing Council, shade provision is considered in plans for future buildings and grounds.

Scheduling Activities:

- Care should be taken during peak UV radiation times and, where possible, outdoor activities should be scheduled outside of these times or in the shade.
- Peak UV times are different from the local sun protection times (see above), which change daily. Peak UV times of the day are considered to be 11 a.m. to 3 p.m. during daylight savings; and 10 a.m. to 2 p.m. during non-daylight savings.

Managing Extreme Heat:

During periods of extreme heat (as determined by the Bureau of Meteorology and/or DfE), outdoor activities will be minimised, and students are to access designated indoor areas during recess and lunch. The following spaces will be open to students for this reason:

- STEM Centre
- Arts Centre
- Senior Centre

Education and Awareness:

- Sun safe behaviours will be reinforced in the curriculum and during school events.
- Staff are encouraged to model and promote sun safe behaviours as listed above.

Policy Promotion:

The SEHS Sun Protection Guidelines are promoted to the whole school community through newsletters, website, staff meetings, assemblies and student activities, and in enrolment information sessions.