

# Sun protection in schools and early childhood education services

## 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. Children and young people are encouraged to be responsible for their own sun protection.

## Using sun protection

The school uses a combination of sun protection measures for all outdoor activities on and off site throughout the year.

## Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric.

## Sunscreen

Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen or the school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students' use.

Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors.

Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or pediatrician

Strategies are in place to remind students to apply sunscreen before going outdoors (teacher/staff reminders)

## Sporting events

All students are briefed at the start of sporting events, about applying sunscreen multiple times throughout the day and about taking personal responsibility for their own health and safety for this. Spare (cleaned) hats to borrow and sunscreen is readily available.

## Hydration (sporting events)

All students are briefed at the start of sporting events and reminded throughout the day about the importance of hydration and recovery. Students are informed about how they can reduce the impact of sun exposure and the need to rehydrate with water during and after the day.

## Hats

All students and staff are required to wear hats that protect their face, neck and ears, bucket hats are available from our onsite uniform shop or online via 'The School Locker' whenever they are outside. 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. Sports days and other 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 encouraged to stay in the shade or a suitable area protected from the sun.

## Curriculum

Programs on skin cancer prevention are included in the curriculum.

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