

## **Kersbrook Primary School's Sun Protection policy**

### **2025 - 2028**

This policy applies to all school activities and events on and off-site.

### **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:

- encourage the entire school community to use a combination of sun protection measures whenever the UV Index reaches 3 and above.
- 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 new staff are informed of the school's sun protection policy.

### **Procedures**

#### **Policy implementation times**

Staff are encouraged to check the daily sun protection times each morning for our location using the free [SunSmart Global UV app](#), [SunSmart widget](#), [myuv.com.au](#) 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.

*If your location is in or north of Elliston, Cowell, Burra or Port Broughton it is particularly important to monitor sun protection times during May, June and July due to higher local UV Index from being closer to the equator.*

*If your location is in or south of Kingston SE or Naracoorte due to lower latitude, during August your school can choose to implement sun protection only when the UV is 3 and above. Procedures must be implemented to ensure sun protection times are monitored daily.*

### **Scheduling**

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

*Peak UV times of the day are when the UV is highest during the daytime and differ from the local sun protection times issued by the Bureau of Meteorology, which change daily. For an implementation guide peak UV times of the day are 11.00 am-3.00 pm during daylight savings and 10.00 am-2.00 pm during non-daylight savings.*

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

Sports days and other outdoor events are held during term 2 or earlier in the day/ at twilight where practical.

## 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. Baseball caps are not acceptable. The school has a limited number of spare hats available for student use.

### 2. Clothing

Appropriate sun protective clothing is included in the school uniform/dress code and sports uniform. Clothing made of a closely woven material including tops with collars or higher necklines and elbow-length sleeves and longer-style skirts, dresses and shorts are recommended. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

### 3. Sunscreen

- SPF 50+ broad-spectrum, water-resistant sunscreen is available in classrooms for student and staff use.
- Families with children who have sensitive skin are asked to encourage their child to use the SPF 50+ broad-spectrum water-resistant sunscreen provided at 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 may be reminded to apply sunscreen before going outdoors.
- Sunscreen is re-applied every 2 hours when remaining or returning outdoors.

### 4. Shade

- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- Students who are not wearing a SunSmart hat or appropriate clothing are asked to play in the shade or return indoors.
- The school Governing Council ensures there are sufficient numbers of shelters, portable shade structures and trees providing shade in the school grounds, particularly in areas where students frequent e.g. canteen, outdoor lesson areas and popular play areas.
- In consultation with the school Governing Council, shade provision is considered in plans for future buildings and grounds.

### 5. Sunglasses

Students and staff may wear close-fitting, wrap-around sunglasses that provide the best protection against UV eye damage. Sunglasses should meet Australian standard AS/NZS 1067 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

## 6. Staff WH&S and role modelling

*Alternatively, UV risk controls for staff can be covered in a separate Work Health and Safety policy.*

For work health and safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including:

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

## 7. Learning and development

Sun protection education is incorporated into the curriculum for all year levels (or) at least every second year.

## 8. Policy promotion

*Outline communication strategies adopted by your school.*

Sun protection information and the sun protection policy is promoted to the whole school community through newsletters and staff meetings.

## 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 (e.g., families, staff, Cancer Council SA).

Date of next policy review: 10/6/2028

## Legislation

- Work Health and Safety Act 2012

## Relevant resources

### Twinkl Curriculum Resource

Free sun protection curriculum resources suitable for Foundation to Year 6 to be used in classroom teaching and learning activities. Visit: [Foundation – Year 6 sun safety curriculum resources](#)

### SunSmart Literature Activities

Literature resource activities for over 20 picture books with various themes related to the sun, weather, the seasons, sun protection and skin. Visit: [www.generationsunsmart.com.au/sunsmart-literature-activities/](http://www.generationsunsmart.com.au/sunsmart-literature-activities/)

### SunSmart Hat-Wearing Toolkit

Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behavior to reach 100% compliance or to phase out baseball caps. Visit: <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit>