

SUN PROTECTION AND HOT WEATHER POLICY

This policy is implemented from 1st August to 30th April each year (and when the UV is 3 and above at other times each year) and applies to all school activities and events, on and off site.

Peak UV times of the day are:

11am-3pm during daylight savings

10am-2pm during non-daylight savings

Rationale

The purpose of the policy is to ensure that all students attending Flagstaff Hill Primary School are supported in practical ways to protect themselves from skin damage caused by the harmful ultraviolet rays of the sun. 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 critical factor in determining future skin cancer risk. When the UV radiation level is 3 or above it is strong enough to damage unprotected skin. In South Australia UV levels are 3 and above generally from the beginning of August until the end of April making this the most important time for skin protection.

In line with the department for education guidelines and our SunSmart status Flagstaff Hill Primary School uses a combination of sun protection procedures from 1 August until 30 April, and when the UV is 3 and above at other times. When the UV is below 3 in Term 2, sun protection is not necessary for Vitamin D. Staff are encouraged to access the daily sun protection times via the SunSmart app, www.myuv.com.au or www.bom.gov.au to assist with implementing this policy.

THE SCHOOL WILL:

- ✓ Positively reinforce this policy through displays, newsletters, assemblies and other forms of communication.
- ✓ Maintain, upgrade and endeavour to increase the number of sheltered and shaded areas.
- ✓ Inform all new staff and families of this policy.
- ✓ Ensure that students have restricted physical activity during lunch breaks if the temperature is over 36 degrees
 - This will be supported by:
 - Closing the oval and courts areas (staff notified by e-mail)
 - Providing supervised, indoor play during lunch periods
 - Modifying PE lessons
- ✓ Cancel after-school coaching sessions when the temperature is forecast to be 36 degrees or above, as stated on the BOM (Bureau of Meteorology) website for Noarlunga 24 hours before scheduled training times. Coaches will be responsible for cancelling training and advising families.
- ✓ Include sun protective clothing in the school uniform/dress code
- ✓ Ensure that sports day is held during Term 2 (when UV is unlikely to be over 3)
- ✓ Ensure that outdoor events are held in Term 2 or earlier in the day (to avoid peak UV times)



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- ✓ Encourage families and visitors to use a combination of sun protection measures e.g. Sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.
- ✓ Reinforce and promote SunSmart behaviour to the whole school community including staff, volunteers and families through whole school communications, leadership updates, school assemblies, student and teacher activities and in student enrolment packs.
- ✓ Provide an emergency supply of a spf 50 or 50+ broad-spectrum sunscreen for excursions and sports days for those students who may come to the excursion or activity unprepared.

On enrolment of their child at Flagstaff Hill Primary School parents and carers will:

- ✓ Be informed of the Sun Smart Policy
- ✓ Be required to provide a suitable hat every day for their child's use in all outdoor activities
- ✓ Be asked to provide spf 50 or 50+ broad-spectrum, water-resistant sunscreen for their child's daily use at school
- ✓ Be encouraged to practice skin protection behaviours themselves, as positive role models for their children and to reinforce the Sun Protection Policy to their children when involved in school events.

ALL SCHOOL STAFF WILL:

- ✓ Be positive role models who practice sun smart behaviours including wearing a sun protective hat, clothing, sunscreen, sunglasses and seeking shade.
- ✓ Ensure students are following this policy and contact parents/caregivers if their child regularly does not have sun safe hat and clothing for school
- ✓ Consider the availability of shade and a combination of sun protection measures when planning outdoor activities and excursions.
- ✓ Incorporate sun smart activities into teaching programs annually
- ✓ Endeavour to program outdoor activities outside of the peak UV times of the day or conduct in the shade where possible.
- ✓ Remind students to apply their own water-resistant SPF 50 or 50+ broad spectrum sunscreen 20 minutes prior to outdoor activities and lunch breaks to all exposed areas of the body, and reapply every 2 hours when outdoors, including time before each lunch break and during excursions for students to apply sunscreen.
- ✓ Ensure t-shirts or sun suits are worn for all outdoor swimming activities.
- ✓ Check the daily sun protection times on the BOM website or SunSmart app each day and inform students to support the implementation of sun protection at the school
- ✓ Ensure students eat lunch inside or in a shaded area when UV is 3 and above
- ✓ Ensure PE lessons are held indoors or in the shade where possible during peak UV times of the day
- ✓ Use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.

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 clothing, sunscreen, appropriate hats and sunglasses and seek shade when outdoors.

Staff who are unable to wear a hat for medical and/or sensory needs are encouraged to use an alternative protective measure when in direct sun such as an umbrella or make use of shaded areas. This is





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particularly important when staff are outdoors for prolonged periods e.g. yard duty, excursions and P.E lessons. They are also encouraged to discuss this with the principal or deputy so that appropriate supports (e.g. scheduling) can be implemented.

STUDENTS WILL:

- ✓ Wear sun protective clothing (not tank tops, or singlets) for all activities. The school uniform includes tops with collars and longer style sleeves, and longer style shorts, dresses and skirts.
- ✓ Wear a hat that protects their face, neck and ears e.g. Legionnaire, broad brimmed or bucket, whenever they are outside (Baseball or peak caps are not acceptable). This includes hats for out of school hours sporting activities, school excursions and out of school hours care program. Sun-safe hats must be worn from 1 August until 30 April and when the UV is 3 and above during recess and lunchtimes and for all outdoor activities, including fitness and brain-breaks. Students without appropriate hats will be required to sit or play in a designated shaded area. For health reasons, hats cannot be 'on loan' if a student has forgotten or lost their hat. Children are encouraged also to wear a hat to and from school. Hats should be in school colours. The approved school sun safe hats are available from the uniform supplier.
- ✓ Spend play times in the shade area under the COLAs if they are not wearing hats or appropriate sun protective clothing.

Our school considers the needs of students and staff with medical or sensory needs. Written parental consent is required to provide an exemption for any students who are unable to wear a hat or sunscreen for medical and/or sensory needs. Sunscreen exemptions will also require written advice from a GP or paediatrician. Students with an exemption will be encouraged to use available shaded areas when outdoors. Exemptions will be reviewed annually.

PARENTS AND CAREGIVERS WILL:

- ✓ Ensure their child has a sun-safe hat for school each day
- ✓ Provide their own spf 50 or 50+ broad-spectrum, water-resistant sunscreen for their child
- ✓ Ensure their child has sun-screen on before school from 1st August to 30th April each year (and when the UV is forecast to be 3 and above at other times each year).
- ✓ Ensure their child has sun-protective clothing for all outdoor water activities e.g. t-shirt

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

RELEVANT RESOURCES

Sun protection times

The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via:

- ✓ the free SunSmart app
- ✓ www.myuv.com.au
- ✓ in the weather section of the newspaper
- ✓ the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv> .

Approved by Governing Council September 2023

To be Reviewed August 2025



Government of South Australia
Department for Education