

Sun protection in schools and early childhood education services

Information extracted from Para Vista SunSmart Policy

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 as identified on a Sunsmart widget. 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 **during terms 1, 3 and 4** (or 1 August to 30 April) and when UV radiation levels reach 3 or above at other times.

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. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

Sunscreen

Students may provide their own SPF 30 or higher broad spectrum, water resistant sunscreen or can access school supplied sunscreen. Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors. Strategies are in place to remind students to apply sunscreen before going outdoors.

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

Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, 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 three 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 asked to stay in the shade or a suitable area protected from the sun.

Curriculum

Programs on skin cancer prevention are included in the curriculum for all year levels.

Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

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

