



Swan Reach AREA SCHOOL

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Government
of South Australia

Department for Education
and Child Development

SUN PROTECTION POLICY

RATIONALE: Ultraviolet radiation (UVR) is the form of solar radiation that causes skin damage. Too much UVR from the sun can cause sunburn, skin damage (e.g. wrinkles, blotches and other signs of ageing), eye damage and skin cancer. UVR (which can't be seen or felt) is determined by the angle of the sun to the earth's surface which changes during the year. UVR levels peak over the middle of the day when the sun is directly overhead. UVR levels can be extreme on a day of 40°C or a day of 21°C, depending on the time of year. UVR does not feel warm and cannot be seen, but can cause sunburn in as little as 12 minutes in some regions of Australia. UVR can be high even on cool and overcast days, so clear skies or high temperatures can't be used to determine when sun protection is needed. A UVR level of 3 is high enough to cause skin damage to unprotected skin therefore it is important to protect skin when the UVR level is 3 and above. The higher the UVR level—the greater the potential for damage to skin.

A balance between sun protection to lower the risk of skin cancer, and sun exposure for the production and maintenance of vitamin D is important for good health.

**SUN PROTECTION IS USED FROM SEPTEMBER TO THE END OF APRIL
OR WHENEVER UV LEVELS REACH THREE (3) OR MORE AS MEASURED IN RENMARK.**

THE POLICY:

- This policy applies to all service events on and off site.
- School Staff will model preventative behaviour.

Hats & Clothing:

- The school will provide a broad-brimmed hat for each student when they enrol. Students are encouraged to keep their hat at school so as to be able to wear it as necessary.
- Children/ Staff will wear a broad-brimmed hat eg legionnaire, broad-brimmed or bucket. Baseball or peak caps are not considered a suitable alternative.
- Parents/ Families/ Visitors will be encouraged to wear a broad-brimmed hat eg legionnaire, broad-brimmed or bucket.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- Children/ Staff / Parents/ Families/ Visitors will wear suitable protective clothing that is part of the uniform eg dark, collared shirts etc. If a child is wearing a singlet or dress they wear a t-shirt/ shirt over the top before going outdoors.

Sunscreen:

- SPF 30+ broad spectrum, water resistant sunscreen will be provided for staff and children's use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Children are encouraged to apply their own sunscreen under supervision of staff.

Outdoor Activities / Excursions:

- Whenever possible, outside activities should be restricted to early morning to avoid exposure to high levels of ultraviolet radiation. The gymnasium can be utilised during periods when the ultraviolet radiation is high.
- For outdoor events, shade will be provided for the children and the SunSmart UV Alert (determined by the bom.gov.au website) will indicate whether events need to be modified to avoid extreme UV exposure.
- Information regarding protective clothing and the use of sunscreen will be included on consent forms for excursions.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are required to wear rash tops or t-shirts for outdoor water activities.

PROMOTION OF THE POLICY:

- Teachers are encouraged to incorporate SunSmart educational activities into their planning. However the school raises student awareness about skin protection at school and elsewhere through:
 - Promoting current risk reduction strategies, their purpose and the nature of the UVR system through posters, newsletters and verbal discussion.
 - Ensuring that sun protection is planned for in event planning including timing of activities, appropriate dress, temporary shade and strategies to encourage spectators to be protected from the sun.
 - Incorporating sun protection into the Middle School Pastoral Care program.
 - Ensuring the availability of attractive shaded areas within the school grounds.