



SUN PROTECTION POLICY - SCHOOL

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. 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.

This sun protection policy has been developed to:

- Encourage the entire school community to use a combination of sun protection measures in Terms 1, 3 and 4, and in Term 2 when the UV index levels reach 3 and above. These terms coincide with the period when UV radiation levels in South Australia are consistently 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.

School Practice

1. During Term 1, 3 and 4, students must wear a broad brimmed hat for all outdoor activities unless instructed otherwise.
2. During Term 2 if the UV rating is below 3, hats will be optional. If hats are required during this time, due to the UV rating being 3 or over an announcement will be made from the PA system.
3. Staff will access the daily SunSmart UV Alert from the Bureau of Meteorology website www.bom.gov.au/uv or download Cancer Council Australia's SunSmart app to a Smartphone to find out daily local sun protection times (when UV levels will reach 3 or above) and UV index.
4. Hendon school uniform provides adequate UV protection (over 30%+), with collars, longer sleeves, longer style shorts and dresses. Students wear rash vest T-shirts in outdoor aquatic activities.
5. Students will be encouraged to engage in play and participate in outdoor lessons in cool, shaded areas or the gymnasium on hot days, with regular reminders to drink water and stay hydrated.
6. Parents may supply SPF30+ broad-spectrum, water-resistant sunscreen for their children, which their children will independently apply. Sunscreen is also available for students to choose to independently apply. Application of sunscreen should be to clean, dry skin at least 20 minutes prior to going outdoors and reapplied more frequently when students are involved in water activities or extended outdoor activities.
7. Students without a sun safe hat or clothing will be asked to 'sit out' and play in a 'shade space' protected from the sun. The 'shade spaces' are the gazebo (asphalt 1) or veranda near the oval (asphalt 2), as indicated by 'shade space' signage.
8. Teachers will encourage sun safety by explaining the importance of wearing sun safe hats, providing visual reminders, using designated hat spots, conducting daily hat checks, assigning a classroom hat monitor, using reward systems, and modelling hat wearing themselves. Teachers will reach out to the families of students who frequently forget to bring or wear a hat when required. This serves as a reminder about the importance of having and wearing a hat, which allows students to fully enjoy outdoor play with their peers while also encouraging them to take responsibility for their belongings.
9. To help prevent hats from getting lost, they will be kept at school in a designated area and washed at the end of each term. Parents may provide a spare hat for students to use while traveling to and from school if needed.
10. Surfaces like metal, concrete, synthetic grass and soft fall mats can cause serious burns to children during high temperatures. Staff will regularly check outdoor surface temperatures, plan indoor activities if risks are significant, and assess surfaces by ensuring they can comfortably hold their hand on them for five seconds.
11. Whole school outdoor events may be rescheduled, and alternative times and/or dates set if on the day the forecast by the Bureau of Meteorology is 32°C or more.
12. Care is taken during the peak UV radiation times during Term 1, 3 and 4 and extended time in direct sun will be avoided, wherever possible after 10:00am and students will be encouraged to use available shade when outside.
13. Staff will wear high visibility broad brim or bucket hats outside and are encouraged to use SPF30+ broad-spectrum, water-resistant sunscreen and sunglasses.
14. The Australian Curriculum Health and Physical Education learning area will inform students about appropriate sun and heat protection and maintaining Vitamin D levels in winter when UV levels are below 3, through SunSmart protocols.

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