Elizabeth Grove Primary School and OSHC Sun Protection policy

This policy applies to all school and OSHC 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 and OSHC service’s sun protection policy.

**Procedures**

**School implementation times**

Staff are encouraged to check the daily sun protection times each morning for our location using the free [SunSmart Global UV app](https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/sunsmart-apps/sunsmart-app/), [SunSmart widget](https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/sunsmart-apps/sunsmart-app/), [myuv.com.au](https://www.myuv.com.au/) or the [Bureau of Meteorology website](http://www.bom.gov.au/places/sa/adelaide/forecast/) 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 *(*or 1 August to 30 April), and whenever UV levels reach 3 and above at other times, **with the exception of hats that are worn all year round.**

**OSHC and vacation care implementation times**

**Before school care:** sun protection is not required, as the UV Index is rarely 3 and above at this time. During terms 1, 3 and 4 it is recommended to apply sunscreen to assist with sun protection for the remainder of the day.

**After school care:** sun protection is required during terms 1 and 4 and whenever the UV is 3 and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during terms 2 and 3.

**Pupil Free Day / Vacation care:** sun protection is required for all outdoor activities from 1 August to 30 April and whenever the UV is 3 and above at other times.

**Scheduling**

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

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

**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 and OSHC has a limited number of spare hats available for student use. **Hats are to be worn outside all year round.**

**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 longer-style dresses and shorts are recommended. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

1. **Sunscreen**
* Families and staff are asked to supply their own SPF 50+ broad-spectrum, water-resistant sunscreen.
* SPF 50+ broad-spectrum, water-resistant sunscreen is also supplied by the school for student and staff use in the front office.
* Students are reminded to apply sunscreen before going outdoors (OSHC 20 minutes prior to going outside).
1. **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 Shelter Shed, in the Library or under the Nature Play shelter.
* In consultation with the school Governing Council, shade provision is considered in plans for future buildings and grounds.

**5. Staff WH&S and role modelling**

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.

Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor school activities.

**6. Learning and development**

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

**7. Policy promotion**

Sun protection information and the sun protection policy is promoted to the whole school community through newsletters, school website, parent meetings, staff meetings, school assemblies, student, and teacher activities and in student enrolment packs.

**Policy review**

The school and OSHC service will review the policy regularly (at least every three years) and revise the policy when required.

Date of next policy review: Term 1 2026

**Legislation**

This policy relates to the following National Law and Regulations:

**Education and Care Services National Law Act 2010**

* Section 167 – Protection from harm and hazards

**Education and Care Services National Regulations 2011**

* Regulation 100 – Risk assessment must be conducted before excursion
* Regulation 113 – Outdoor space–natural environment
* Regulation 114 – Outdoor space–shade
* Regulation 168: Policies and procedures (2)(a)(ii)–sun protection
* Regulation 170 – Policies and procedure to be followed
* Regulation 171 – Policies and procedures to be kept available
* Regulation 172 – Notification of change to policies or procedures.

**Work Health and Safety Act 2012**

**National Quality Standards**

All of the following sun protection procedures link to:

* **Quality area 2: Children’s health and safety.**

There are also links to:

* **Quality area 1: Educational program and practice**
* **Quality area 3: Physical environment**
* **Quality area 5: Relationships with children**
* **Quality area 6: Collaborative partnerships with families and communities**
* **Quality area 7: Governance and leadership.**

**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**](https://www.twinkl.com.au/resources/australian-resources/partnerships-australia/cancer-council-sunsmart-program-partnerships-australia)

**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/**](https://www.generationsunsmart.com.au/resources/sunsmart-literature-activities/)

**Sid Seagull Activity Book**

Fun Sid the Seagull simple activities such as colouring in, crossword puzzles and spot the difference. Visit: [**www.cancersa.org.au/uploads/sunsmart/SunSmart%20activity%20book%20for%20kids.pdf**](http://www.cancersa.org.au/uploads/sunsmart/SunSmart%20activity%20book%20for%20kids.pdf)

**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**](https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit/)