

# Noarlunga Downs Primary School Sun Protection and Hot Weather Policy

## 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 from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

## Broad Policy Statement

Our school and preschool ensures that all children, employees and visitors attending our preschool are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun and by risks associated with working or participating in activities in hot weather conditions.

The sun protection policy is implemented in terms 1, 3 and 4 and when UV levels are 3 and above for all outdoor school activities.

This policy applies to all school activities and events, on and off site.

Staff are encouraged to check the daily sun protection times on the BOM website or sun smart app each day to support the implementation of this policy.

## Objectives

This policy:

- encourages children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- works towards a safe outdoor environment that provides shade for children and educators/staff at appropriate times
- ensures all children and educators/staff have some UV exposure for vitamin D
- assist children to be responsible for their own sun and heat exposure protection
- ensure families and new educators/staff are informed of the preschool's Sun Protection and Hot Weather Policy.

## Hats

All students and staff must wear a sun smart hat during outdoor activities or on excursion when the UV is 3 and above that provides an appropriate level of protection from the sun and can include a wide brim, bucket or legionnaires style hat that protects the face, neck, ears and crown of the head. It is recognised that baseball caps do not provide adequate sun protection. Students who are not wearing a Sun Smart hat are required to play in the shade.



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Department for Education

## **Clothing**

When outdoors, all students and staff must wear appropriate sun protective clothing is included in the school uniform/dress code. Clothing made of a closely woven material including tops with collars and longer sleeves and longer-style skirts, dresses and shorts are recommended. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities. Students who do not have appropriate sun protective clothing are asked to play in the shade or a suitable area protected from the sun.

## **Sunscreen**

- SPF 30 or higher broad-spectrum, water resistant sunscreen is applied to students who attend our school.
- Families are encouraged to apply SPF30+ broad-spectrum water resistant sunscreen prior to arrival at school.
- Sunscreen is available for outdoor activities such as PE and excursions.
- Children are encouraged to apply their own sunscreen, under the supervision of staff.
- Sunscreen is applied 20 minutes before going outdoors and re-applied every 2 hours if outdoors.
- Students are reminded to re-apply sunscreen.

## **Shade**

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- Management makes sure there is a sufficient number of shelters and trees providing shade in the outdoor area.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- 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.

## **Outdoor activities**

- Care is taken during peak UV radiation times and outdoor activities are scheduled outside of these times, where possible.
- Outdoor activities will be held indoors or in shaded areas where practicable.
- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- A combination of sun protection measures are considered when planning outdoor activities such as excursions and water based activities.

## **Role Modelling**

- For Work Health and Safety and role modelling, when the UV is 3 and above, staff are required to practice Sun Smart behaviours including wearing sun protective clothing, sunscreen, appropriate hats and sunglasses and seek shade when outdoors.

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

### **Water**

Children will be encouraged to bring their own water bottles and regularly consume water throughout the day.

Filtered water will be available to children, educators/staff and visitors at all times.

### **Extreme Heat**

In addition to the above measures for protection from sun damage or heat exposure:

- educators/staff will limit outdoor activities on extremely hot days
- students will remain indoors during break times on days where the temperature reaches 36 degrees or more (as recorded on the BOM app)
- educators/staff will encourage children to drink water throughout the day
- in the event of inadequate provision of cooling (breakdown of air-conditioning, power failure) when the temperature is above 36 degrees, children's families will be contacted to collect children early, and remaining children will be supervised with water cooling activities until time of collection.

### **Excursions**

Sun protection and hot weather will be considered when excursions are planned, particularly time of day and availability of shade.

### **Education**

- Sun protection and taking care of ourselves in hot weather conditions is part of the learning program.
- Sun protection education is incorporated into the curriculum for at least every second year level.

### **Information**

The school's sun protection policy is regularly reinforced and promoted to the whole school community including staff, volunteers and families through newsletters, the school website or forum

### **When Enrolling**

Families are:

- Informed of the school's Sun Protection and Hot Weather Policy
- Asked to provide a suitable hat for their child

**Updated:** June 2022

**Approved by:** Governing council

**Date of approval:** 8 August 2022

**Sourced:** [www.cancersa.org.au](http://www.cancersa.org.au) and Nutrition, Food and Beverages, Dietary Requirements policy, staff, families, and the community.

**Next review date:** August 2025