

“NO HAT, PLAY IN THE SHADE”

Uniforms, clothing and hats

- ✓ UV protective items are available to purchase as part of the uniform and are included in the school dress code.
- ✓ Students are required to wear collared shirts, elbow or full-length sleeves, longer shorts, skirts or long pants, including sports uniforms.
- ✓ Students wear a broad-brimmed or bucket hat that protects the face, neck, ears and crown of the head when outside. Caps are not UV protective, so they are not permitted.
- ✓ Our Duty Staff often carry spare hats for students to borrow for a recess or lunch. (As long as they have been returned). Spare hats are available for students to ensure their outdoor activities are not restricted if they forget their hat.
- ✓ Students without hats are permitted to be in the shade.
- ✓ Adults wear appropriate sunglasses and students have the option to wear them, however the school is not liable for damage or theft.

Alternative Activities When The Ultraviolet (UV) Index Is High

- ✓ The School will develop a plan to postpone outdoor activities for recess, lunch and sport for days when the UV Index is High to minimise the risks associated with extreme hot weather.
- ✓ Students and staff are encouraged to stay hydrated.
- ✓ Additional ice packs and first aid support are available at the office for students who are showing signs of heat stress.
- ✓ The school will remain open, parents may keep their child at home or withdraw them from parts of the school program.

Shade

- ✓ The school has sufficient shade in the school ground, especially in areas where students congregate at break times
- ✓ The use of shade (including temporary shade) is maximised during outdoor activities and indoor facilities are used wherever possible

Scheduling

- ✓ When outdoor activities are scheduled at times when the UV Index is 3 or higher, maximum use is made of shade, sunscreen, hats and long clothing to protect students and staff.
- ✓ Where possible, outdoor activities are scheduled out of peak UV times.

Sunscreen

- ✓ Sunscreen is encouraged for all staff and students. Please supply your own, clearly labelled.
- ✓ The use of SPF30 or higher broad-spectrum, water-resistant sunscreen should be applied before outdoor activities, recess and lunch. Reapplication after 2 hours is encouraged during extended outdoor periods. Parents should apply sunscreen to their children before school and remind their child to reapply throughout the day.

Other UV protection strategies

- ✓ Positive role modelling of sun protection behaviour is demonstrated by all school staff, parents and visitors
- ✓ UV protection and other topic related curriculum assignments integrated into Health, Science and Technology projects