

Use this guide to help inform your staff on recommended sun protection times for your early childhood centre or school.

Sun exposure and vitamin D – a healthy balance

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best natural source of vitamin D. In Australia, we need to balance the risk of skin cancer from too much sun exposure with maintaining vitamin D levels. The body needs vitamin D for healthy bone development and maintaining musculoskeletal health.

When is sun protection recommended?

When the UV Index is 3 and above, a combination of sun protection measures (SunSmart hat, sun protective clothing, SPF 30 or higher broad spectrum water resistant sunscreen, sunglasses and shade) is recommended when outdoors.

In South Australia, the UV Index is generally 3 and above from 1 August until 30 April.

UV Index below 3

Generally when UV Index is below 3, to support vitamin D production, it is recommended that people are outdoors in the middle of the day with some skin uncovered on most days of the week. Being physically active while outdoors will further assist with vitamin D levels.

SunSmart Program implementation times in South Australia.

Sun protection times for early childhood centres and schools.

In South Australia, during May, June and July UV Index should be monitored for your location.

Use the SunSmart app or visit www.bom.gov.au/sa/uv or www.myuv.com.au to monitor the sun protection times, which is when the UV Index forecast is 3 and above.

During May, June and July sun protection times will shorten, yet will coincide with lunch playtimes as the UV Index peaks at solar noon, when the sun is highest in the sky.

SunSmart implementation times for Early Childhood Centres and Schools

Sun protection policies should outline adequate sun protection measures are in place **during terms 1, 3 and 4 (or from 1 August to April 30)** and whenever the UV Index is 3 and above at other times.

** If your location is in or south of Kingston SE and Naracoorte, your centre/school can choose to implement sun protection only when the UV is 3 and above in August. Procedures must be implemented to ensure sun protection times are monitored daily.*

** If your location is in or north of Elliston, Cowell, Burra or Port Broughton it is particularly important to monitor sun protection times during May, June and July. The closer to the equator your location, the higher the UV Index.*

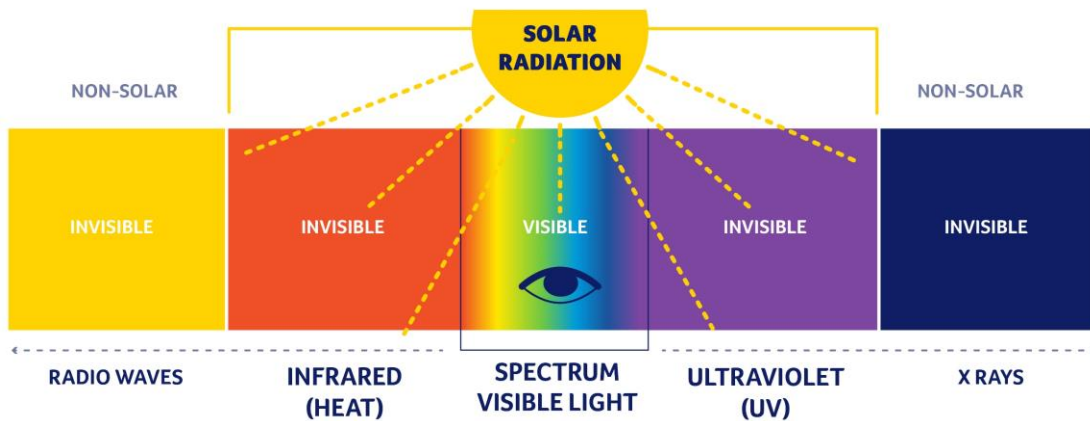
UV radiation cannot be seen or felt. UV levels are not related to temperature.

It doesn't have to be hot for UV to damage your skin. UV radiation can be high even on cool and cloudy days.

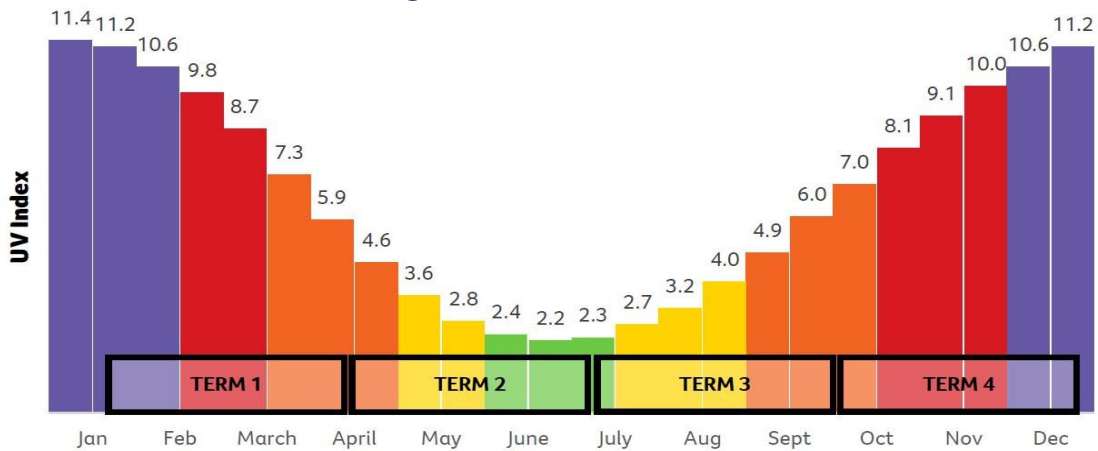
Think UV, not Heat.

Sun protection times for early childhood centres and schools.

Electromagnetic Spectrum



Average UV Index in Adelaide

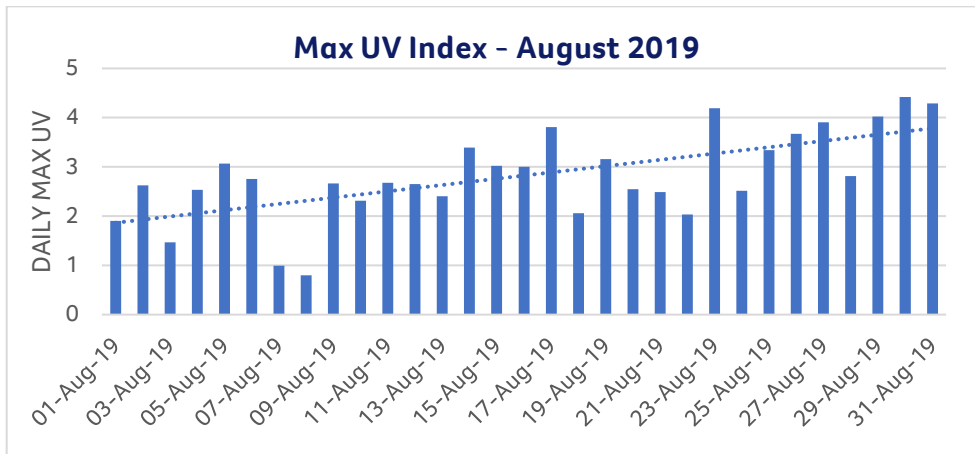


In South Australia, the UV Index is generally 3 and above from 1 August until April 30.

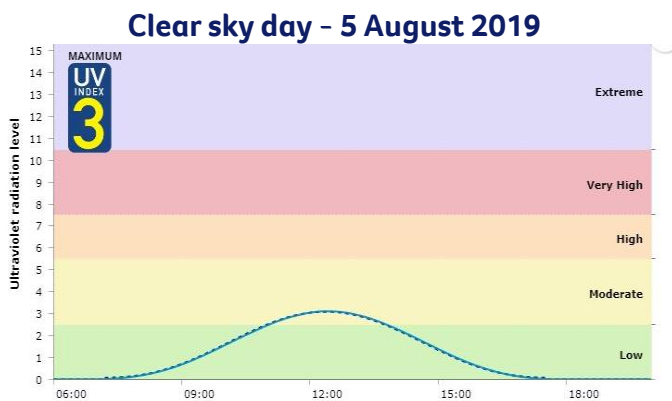
In August the UV Index starts to rise.

UV Index data for August.

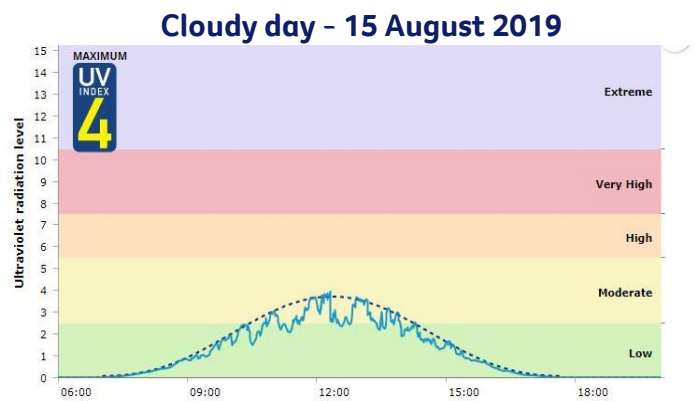
Sun protection times for early childhood centres and schools.



* UV Index data for Adelaide provided by Australian Radiation Protection Nuclear Safety Agency (ARPNSA)



* UV Index data for Adelaide from [ARPNSA](http://arpnsa.gov.au)



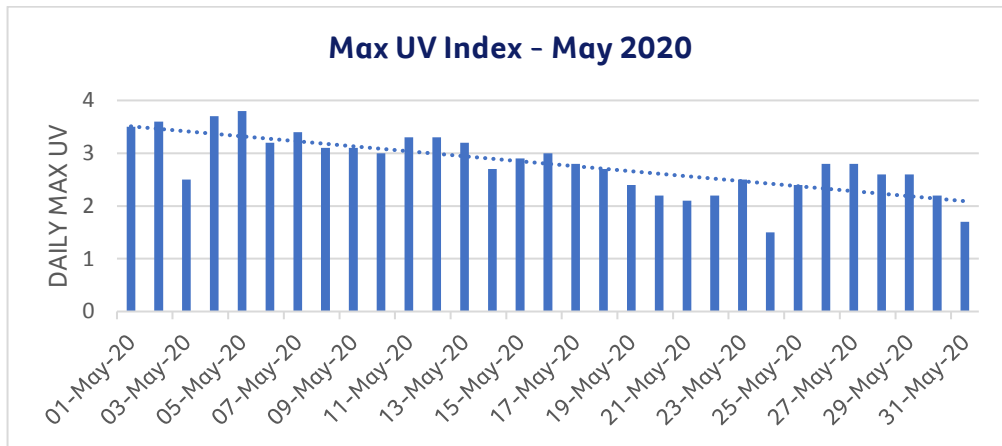
Every day the UV Index is anticipated to rise and fall in the pattern of a bell curve. On clear sky days, it rises and falls as anticipated. On cloudy days the amount of UV that reaches Earth, varies depending on the type and density of cloud cover. Even dense clouds have been shown not to provide consistent sun protection. Clouds can intensify the UV Index due to the scattering and reflection of UV.

In South Australia, the UV Index is generally 3 and above from 1 August until April 30.

In May the UV Index starts to fall.

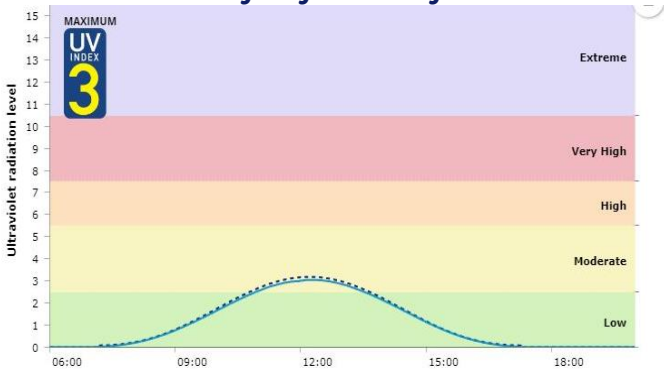
UV Index data for May.

Sun protection times for early childhood centres and schools.

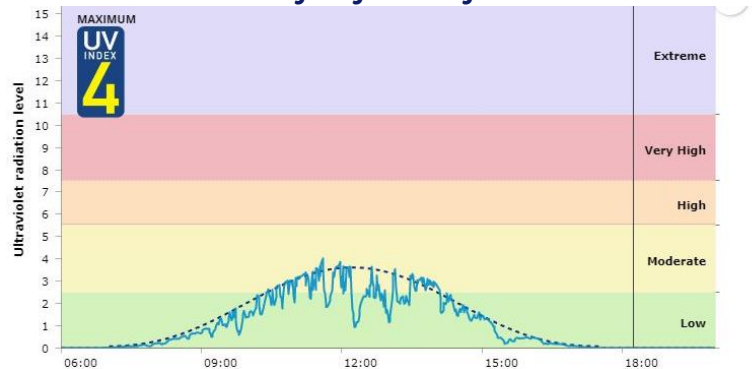


* UV Index data for Adelaide provided by Australian Radiation Protection Nuclear Safety Agency (ARPNSA)

Clear sky day – 16 May 2020



Cloudy day - 1 May 2020



* UV Index data for Adelaide from [ARPNSA](https://www.arpnsa.gov.au/)

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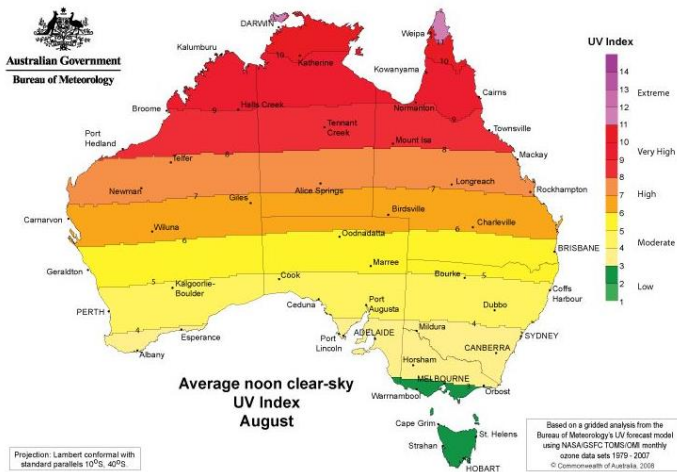
Average UV Index levels varies across Australia due to latitude.

Locations closer to the equator have higher averages.

UV Index data for Winter.

Sun protection times for early childhood centres and schools.

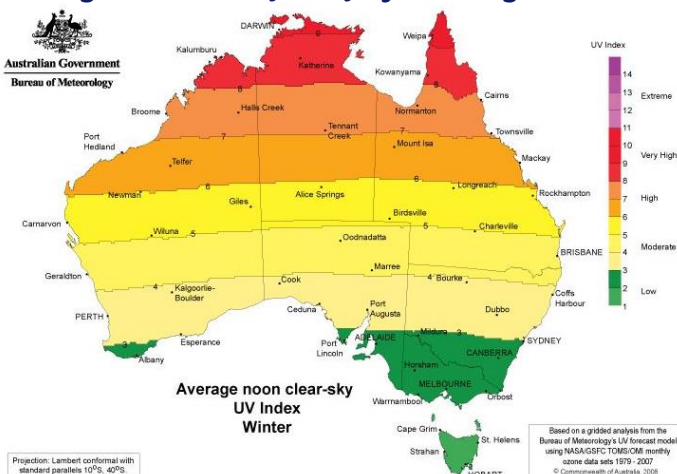
Average UV Index – August



In South Australia, from the 1 August UV sun protection is required as the UV Index starts to rise to 3 and above.

** If your location is in or south of Kingston SE and Naracoorte, your centre/school can choose to implement sun protection only when the UV is 3 and above in August. Procedures must be implemented to ensure sun protection times are monitored daily.*

Average UV Index – June, July and August (Winter)



In South Australia, during May, June and July the UV Index and sun protection times should be monitored for your location.

** If your location is in or north of Elliston, Cowell, Burra or Port Broughton it is particularly important to monitor sun protection times during May, June and July. The closer to the equator your location, the higher the UV Index.*

* Average UV Index data for Australia from Bureau of Meteorology (November 2016)