

Use this guide to help inform staff on recommended policy implementation times for outside of school hours care (OSHC) and vacation care services.

SunSmart Program implementation times in South Australia.

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 general health, healthy bone development and maintaining musculoskeletal health.

When is sun protection recommended?

Sun protection is recommended during the daily sun protection times. These are the times of day when the UV Index is forecast to be 3 and above for your location. During these times, a combination of sun protection measures (SunSmart hat, sun protective clothing, SPF 50+ broad-spectrum, water-resistant sunscreen, sunglasses and shade) are recommended when outdoors.

UV Index below 3

When the UV is below 3, sun protection is generally not recommended to assist with vitamin D production. It is recommended people spend time 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 implementation times for OSHC and vacation care services

OSHC and vacation care services have different SunSmart policy implementations times from early childhood centres and schools, due to differences in the UV Index at the time of day they operate.

Before school care: sun protection is not required as the UV Index is rarely 3 and above during 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 (optional).

**If your OSHC service is at the same premise as the primary school, you may like to implement hat wearing before school to comply with the school's policy.*

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.

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.

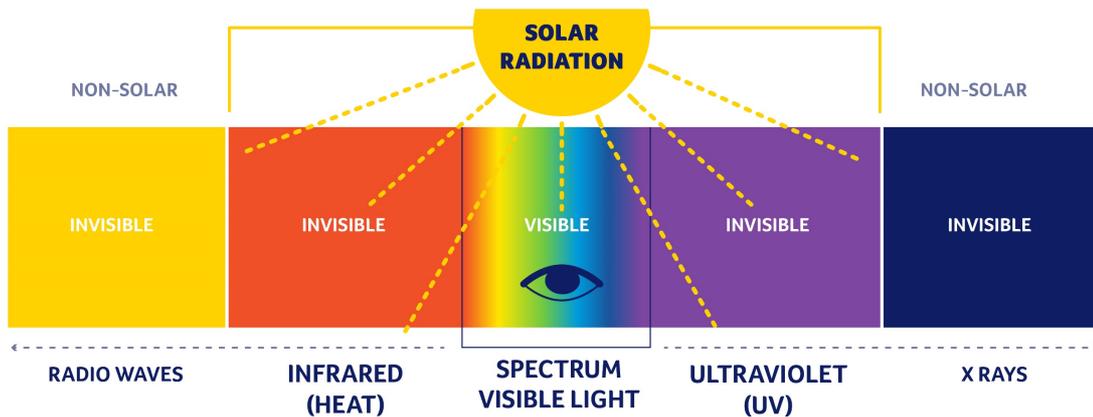
Sun protection times vary depending on the time of year and your location. Use the [SunSmart Global UV app](#), [SunSmart widget](#), www.myuv.com.au or the [Bureau of Meteorology website](#) to monitor recommended sun protection times.

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

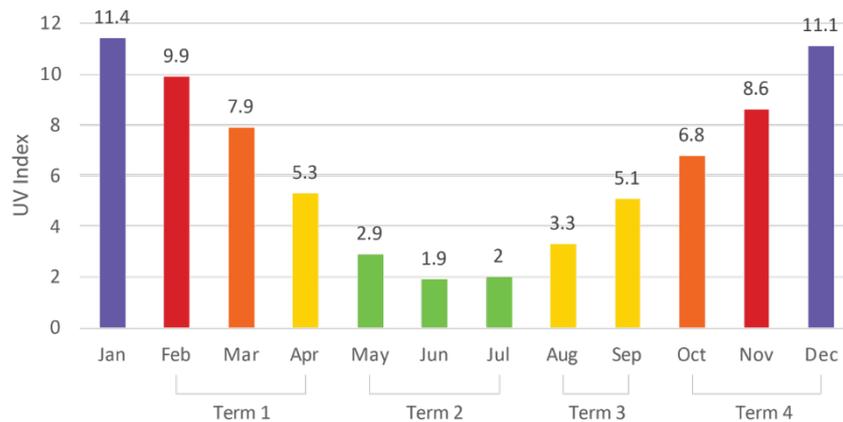
It doesn't have to be hot for UV to damage your skin. UV radiation can be high even on cool and cloudy days.

Think UV, not heat.

Electromagnetic Spectrum



Monthly UV average in Adelaide



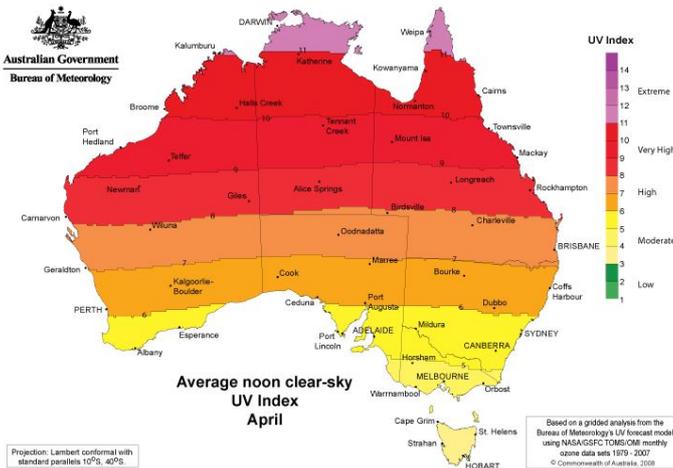
Source: The Commonwealth of Australia. Australian Radiation Protection and Nuclear Safety Agency.

Average UV Index varies across Australia due to varying latitudes. Locations closer to the equator have higher averages.

In South Australia, between April and May the UV Index falls rapidly and sun protection times start to shorten.

UV Index data for April and May.

Average UV Index – April



In South Australia during the Easter school holidays that usually fall in April, sun protection is recommended as the UV is 3 and above.

Adelaide forecast

1 April 2023

Maximum UV Index: 6.0

Sun protection times: 10.40 am – 4.00 pm

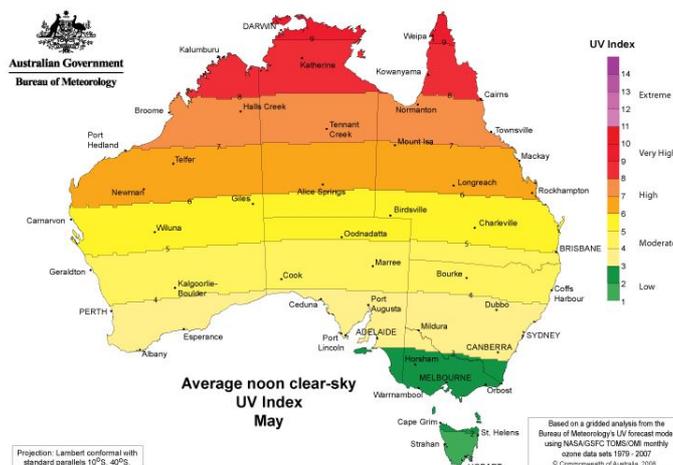
When daylight saving ends, sun protection times will shift back one hour.

30 April 2023

Maximum UV Index: 4

Sun protection times: 10.30am – 2.00pm

Average UV Index – May



In South Australia during term 2 (May, June and July) and the July school holidays, the UV Index and sun protection times should be monitored for your location.

Adelaide forecast

1 May 2023

Maximum UV Index: 4

Sun protection times: 10.30 am – 1.55 pm

31 May 2023

Maximum UV Index: 2.7

Sun protection times: sun protection not required

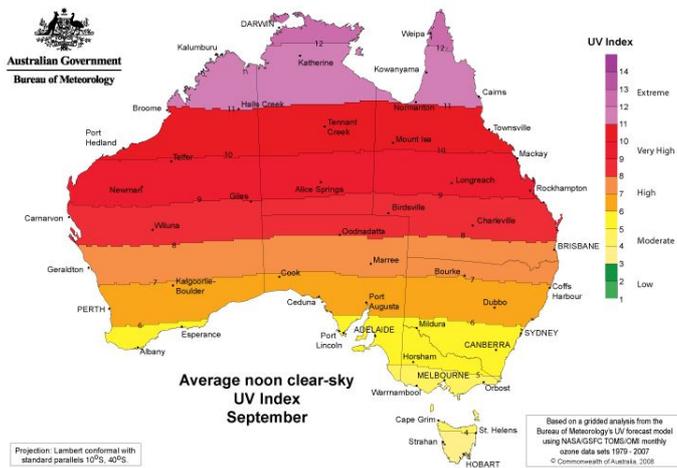
Source: The Commonwealth of Australia. Australian Radiation Protection and Nuclear Safety Agency.

Average UV Index varies across Australia due to varying latitudes. Locations closer to the equator have higher averages.

In South Australia, between September and October the UV Index rises rapidly and sun protection times start to extend.

UV Index data for September and October.

Average UV Index – September



In South Australia during term 3 (late July, August and September) the UV Index and sun protection times should be monitored for your location to determine if sun protection is required during after school care.

Adelaide forecast

1 September 2023

Maximum UV Index: 4.4

Sun protection times: 10.20 am – 2.15 pm

30 September 2023

Maximum UV Index: 6.6

Sun protection times: 9.10 am – 3.00 pm

In South Australia during the October school holidays, sun protection is required as the UV is 3 and above.

Adelaide forecast

1 October 2023

Maximum UV Index: 6.4

Sun protection times: 10.10 am – 4.00 pm

When daylight saving starts, sun protection times will shift forward one hour.

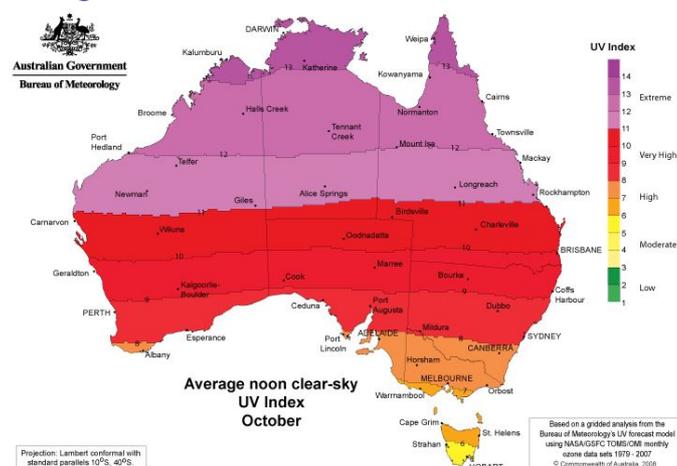
31 October 2023

Maximum UV Index: 8.2

Sun protection times: 9.40 am – 4.20 pm

Source: The Commonwealth of Australia. Australian Radiation Protection and Nuclear Safety Agency.

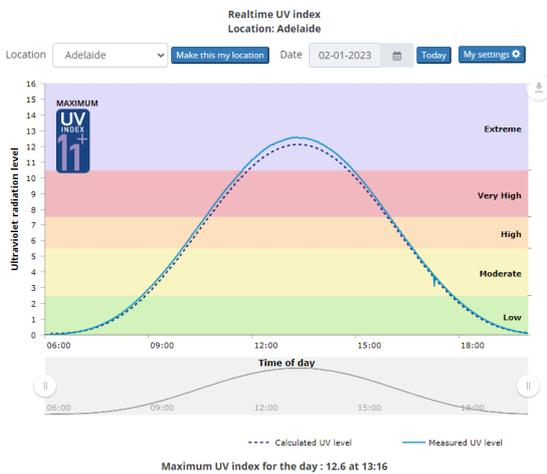
Average UV Index – October



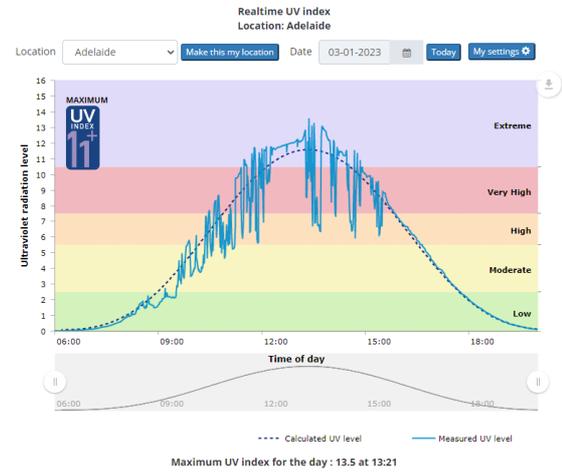
Cloud cover will not block or eliminate UV radiation completely.

UV radiation can pass through cloud.

UV Index and cloud cover.



	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00
Calculated UV level	0.0	0.2	1.0	2.7	5.3	8.3	10.7	12.0	11.8	10.0	7.3	4.3	2.0	0.6
Measured UV level	0.0	0.2	1.1	2.9	5.6	8.6	11.2	12.5	12.2	10.3	7.4	4.5	2.1	0.7



	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00
Calculated UV level	0.0	0.2	0.9	2.6	5.1	7.9	10.2	11.5	11.2	9.6	7.0	4.2	1.9	0.6
Measured UV level	0.0	0.1	0.8	1.7	3.9	6.3	11.6	12.2	8.2	10.0	7.0	4.3	2.0	0.6

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.

The increase in UV radiation is due to the effects of atmospheric scattering and reflection off clouds adding to the total UV radiation at ground level with certain cloud types (e.g. haze, thin wispy cloud and the edges of white fluffy clouds) are most prone to this effect.

The decrease in UV radiation is due to direct UV, when it enters the thicker cloud, it is scattered within the cloud itself to such an extent that not all UVR reaches the ground as direct UV radiation. Even dense clouds have been shown not to provide consistent sun protection.

Source: The Commonwealth of Australia. Australian Radiation Protection and Nuclear Safety Agency.