

Use this guide to help inform your staff on recommended sun protection times for your outside of school hours care (OSHC) and vacation care service.

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.

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 OSHC
and vacation care services.**

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 and 4 it is recommended to apply sunscreen to assist with sun protection for the remainder of the day.

** 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 app or visit www.bom.gov.au/sa/uv or www.myuv.com.au to monitor recommended sun protection times.

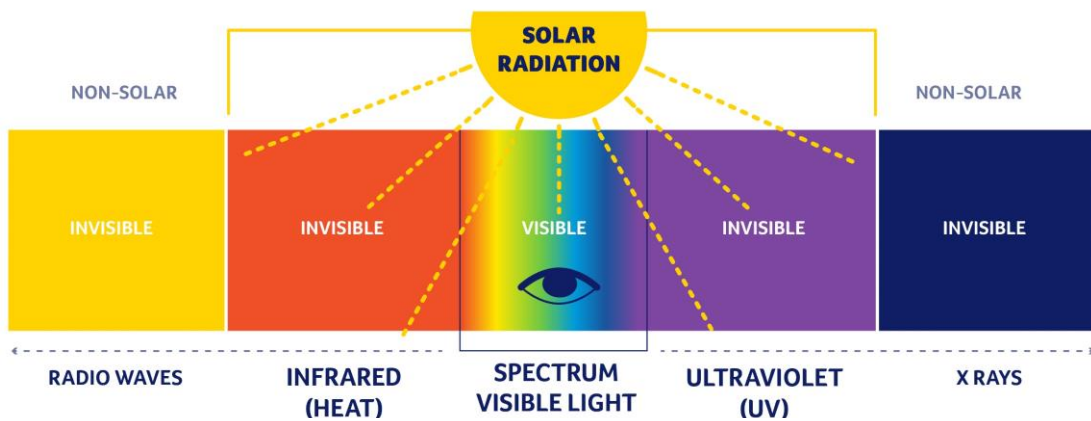
UV radiation cannot be seen or felt. UV levels are not related to temperature.

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

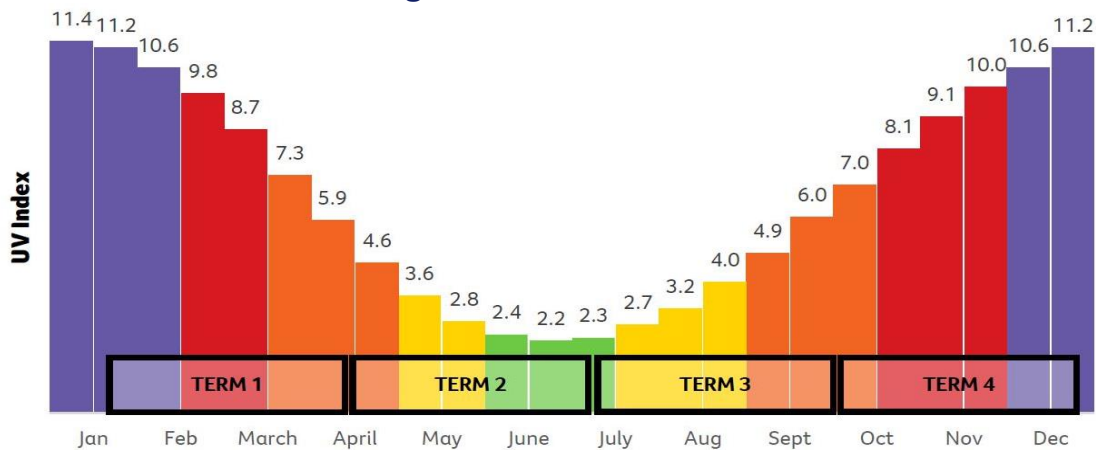
Think UV, not Heat.

Sun protection times for OSHC and vacation care services.

Electromagnetic Spectrum



Average UV Index in Adelaide



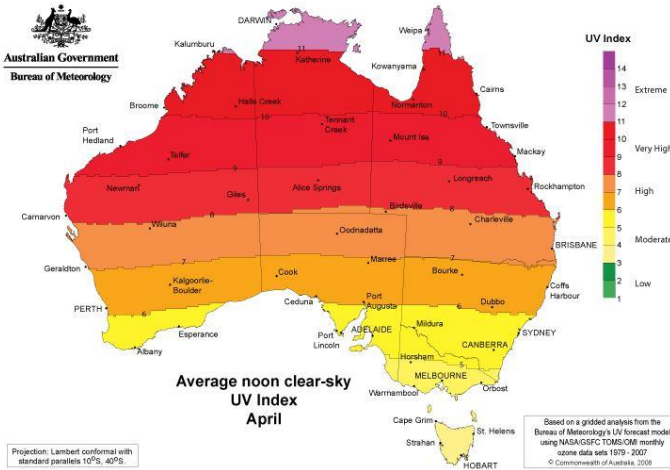
Average UV Index varies across Australia due to varying latitudes. Locations closer to the equator have higher averages.

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.

Sun protection times for OSHC and vacation care services.

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 2019

Maximum UV Index: 6.4

Sun protection times: 10.35am – 4.05pm

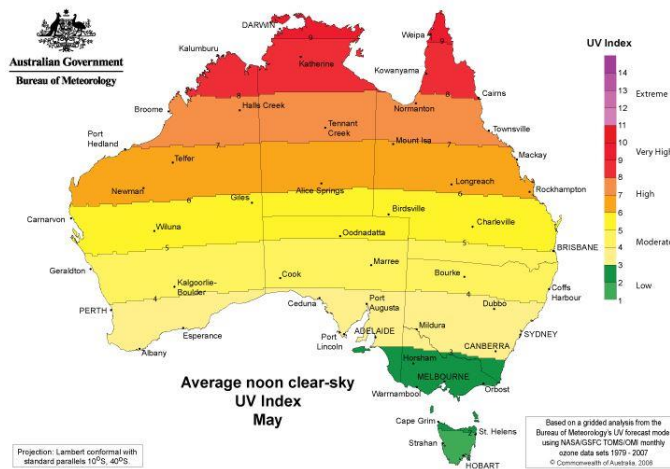
On the last day of daily light savings sun protection times will shift back one hour.

30 April 2019

Maximum UV Index: 4.4

Sun protection times: 10.20am – 2.05pm

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 2019

Maximum UV Index: 3.8

Sun protection times: 10.45am – 1.40pm

31 May 2019

Maximum UV Index: 2.8

Sun protection times: sun protection not required

* UV Index data for Adelaide from ARPANSA

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

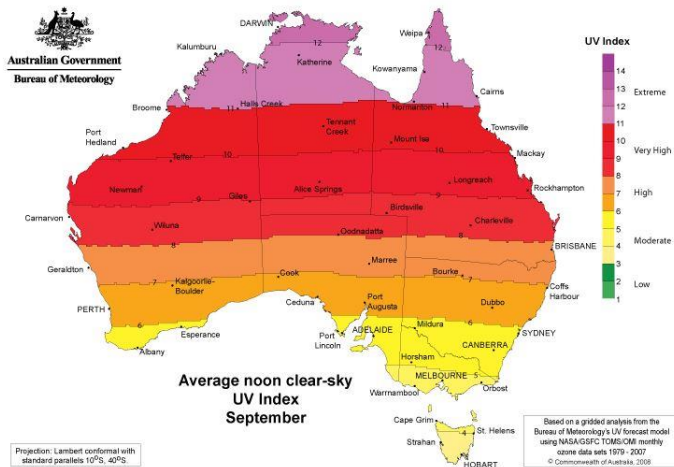
Average UV Index varies across Australia due to varying latitudes. Locations closer to the equator have higher averages.

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.

Sun protection times for OSHC and vacation care services.

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.

Adelaide forecast

1 September 2019

Maximum UV Index: 4.5

Sun protection times: 10.15am – 2.15pm

30 September 2019

Maximum UV Index: 6.4

Sun protection times: 9.15am – 2.55pm

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

Adelaide forecast

1 October 2019

Maximum UV Index: 6.7

Sun protection times: 9.10am – 3.05pm

On the first day of daily light savings sun protection times will shift forward one hour.

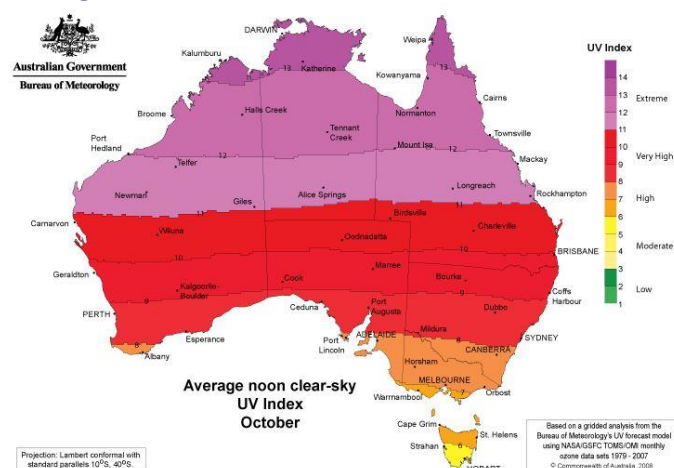
31 October 2019

Maximum UV Index: 8.7

Sun protection times: 9.30am – 4.35pm

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

Average UV Index – October



* Average UV Index data for Australia from [Bureau of Meteorology](http://Bureau of Meteorology.gov.au) (November 2016)