

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

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.

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

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.

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

Use the [SunSmart Global UV app](#), [SunSmart widget](#), www.myuv.com.au or the [Bureau of Meteorology website](#) to monitor the daily sun protection times for your location.

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 when the UV Index is 3 and above at other times.

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

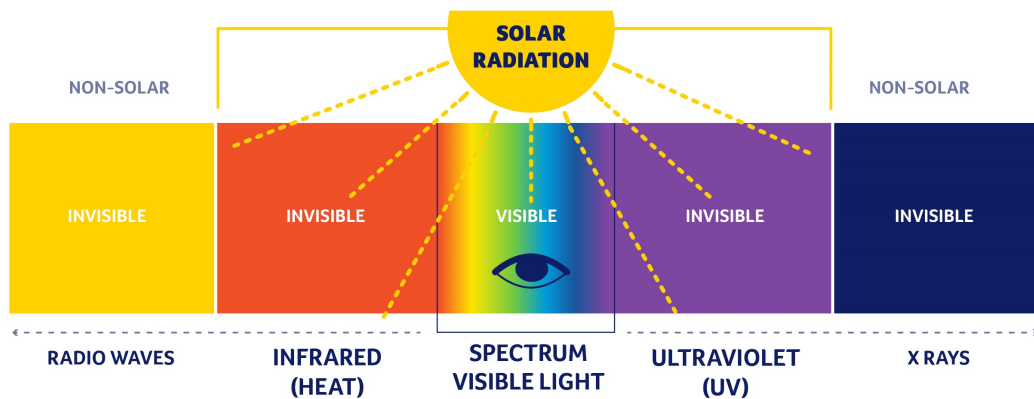
** If your location is in or north of Elliston, Cowell, Burra or Port Broughton it is particularly important to monitor sun protection times during May, June and July due to higher local UV Index from being closer to the equator.*

Think UV, not heat.

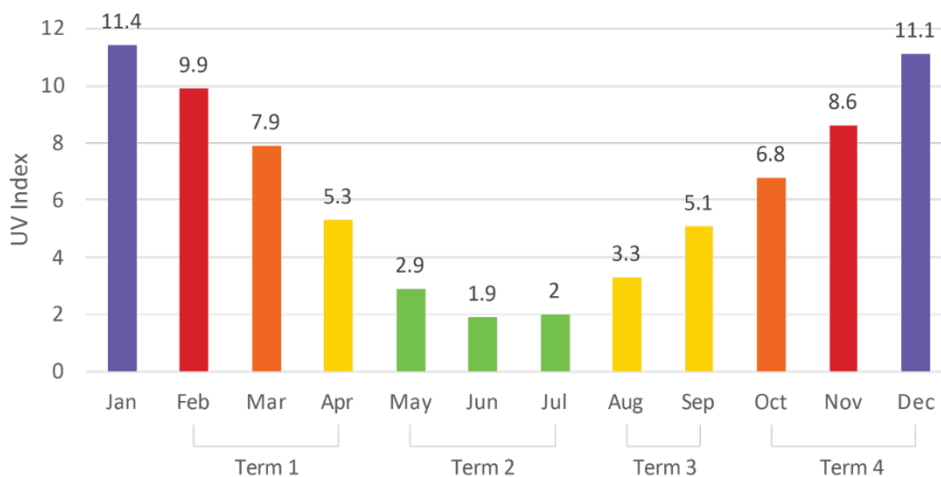
UV radiation cannot be seen or felt. UV levels are not related to temperature.

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

Electromagnetic Spectrum



Monthly UV average in Adelaide



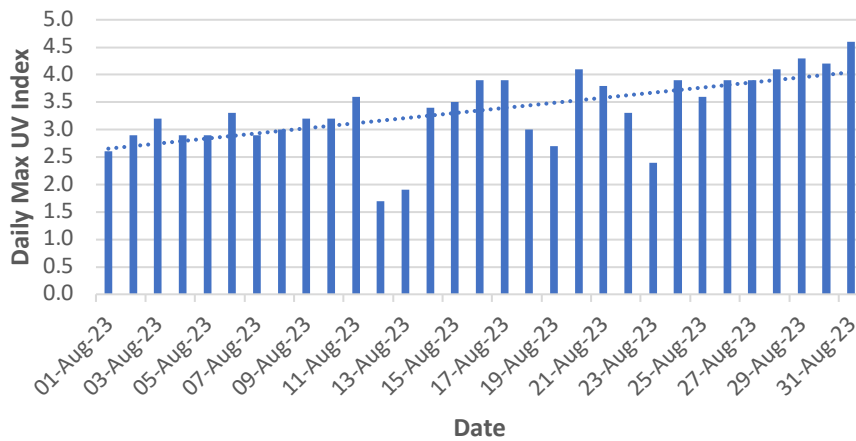
Source: The Commonwealth of Australia. Australian Radiation Protection and Nuclear Safety Agency.

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

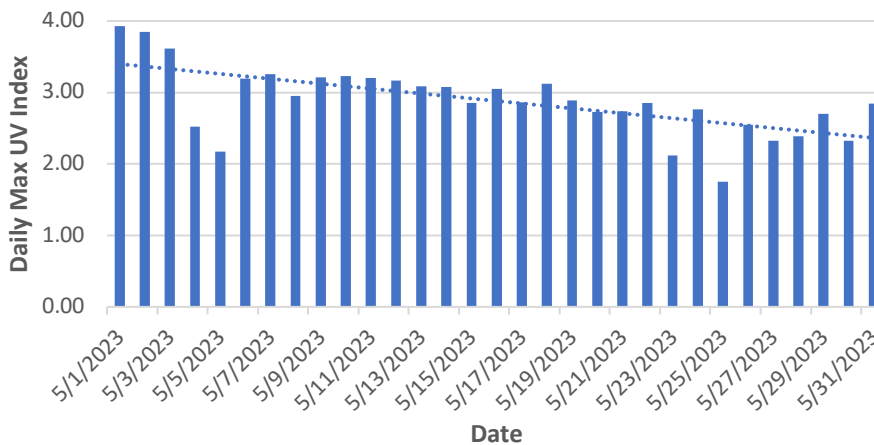
In August the UV Index starts to rise. In May the UV Index starts to fall. Monitor the daily sun protection times for your location in May.

UV Index data for August and May.

Daily Max UV Index in Adelaide - August 2023



Daily Max UV Index in Adelaide - May 2023

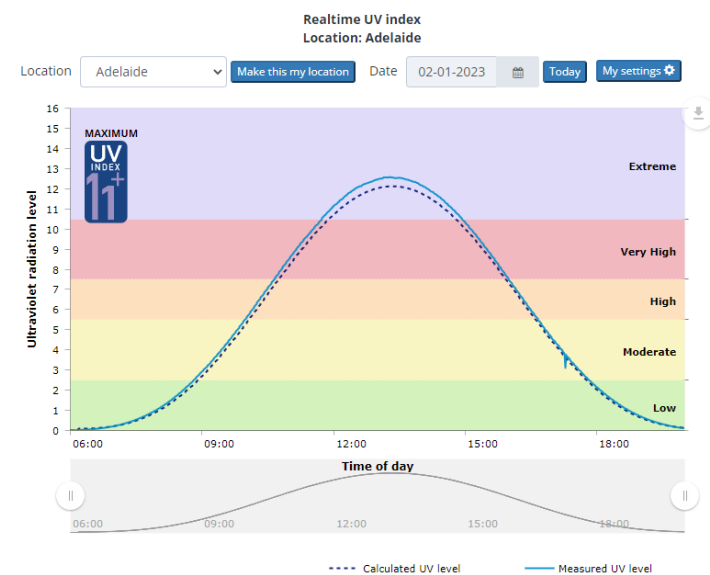


Source: The Commonwealth of Australia. Australian Radiation Protection and Nuclear Safety Agency.

Cloud cover will not block or eliminate UV radiation completely.

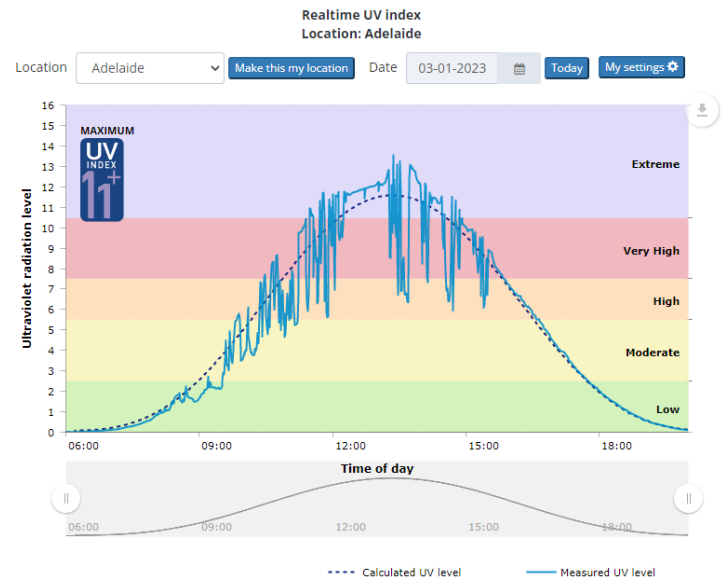
UV radiation can pass through cloud.

UV Index and cloud cover.



Maximum UV index for the day : 12.6 at 13:16

	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



Maximum UV index for the day : 13.5 at 13:21

	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.

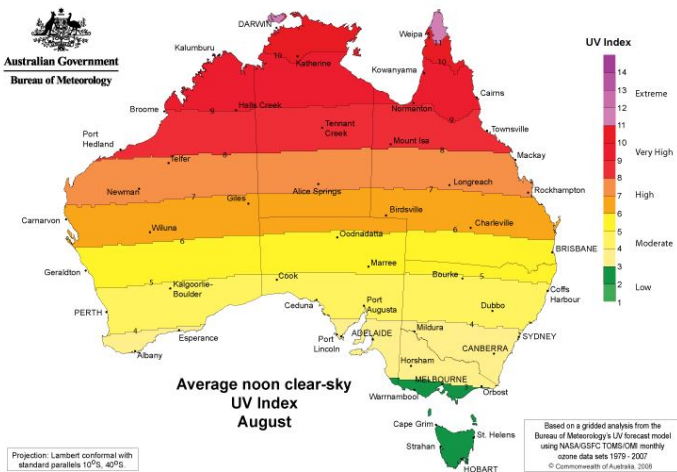
Source: The Commonwealth of Australia. Australian Radiation Protection and Nuclear Safety Agency.

Average UV Index levels varies across Australia due to latitude.

Locations closer to the equator have higher averages.

UV Index data for Winter.

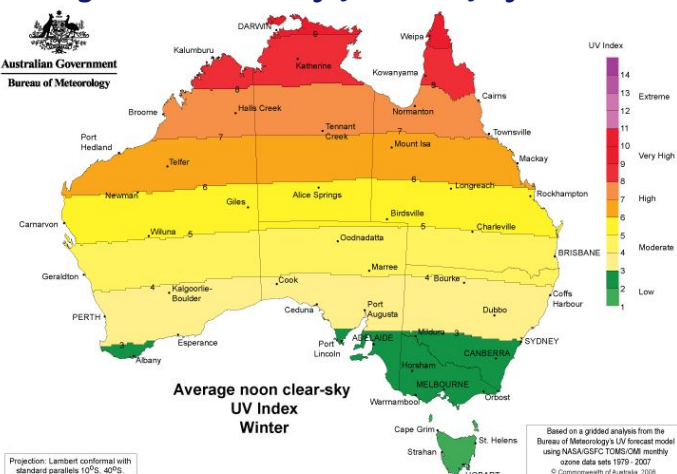
Average UV Index – August



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

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

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



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

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