

# ASMS Inclement Weather and Sun Protection Policy & Procedure

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## Purpose

The Inclement Weather and Sun Protection Policy & Procedure is designed to ensure the safety, health, and welfare of all students, staff, and visitors at ASMS when exposed to weather conditions. This policy aims to strike a balance between the health risks associated with both excessive and inadequate UV exposure while safeguarding individuals from the dangers posed by inclement weather.

## Policy Detail

Inclement weather includes abnormal climatic conditions such as:

- Extreme high temperatures
- Heavy rain, hail, or snow
- Strong winds
- Severe dust storms or electrical storms
- Thunderstorms and lightning

Australia has one of the highest incidences of skin cancer in the world, largely due to childhood and adolescent overexposure to UV radiation. While excessive UV exposure can cause skin cancer, inadequate exposure can lead to vitamin D deficiency, which is critical for bone, muscle, and overall health. Sun protection is required when UV levels reach 3 and above, typically between September and April.

This document does not provide advice for Bushfire Danger or Preparation. The ASMS has a risk rating of 3-Medium to Low and will remain open on days where the rating for the Mount Lofty Rangers District is Catastrophic. Students and staff who live in a high risk area, or travel through a high risk area, should provide the school with a copy of their [Bushfire Action Plan](#). Please refer to Flinders University website for more information. [Bushfire safety - Flinders University Students](#)

## Objectives

The key objectives of this policy are to:

1. Increase awareness of skin cancer prevention and the importance of a balanced approach to UV exposure.
2. Promote the use of effective sun protection strategies that minimize skin damage and the risk of skin cancer.
3. Ensure students and staff have safe alternatives during inclement weather.
4. Encourage personal responsibility in managing sun exposure and weather-related risks.
5. Ensure that the school community is informed of and follows weather safety and sun protection practices.

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## Specific Guidelines

### Sun Protection

ASMS adopts a combination of sun protection measures to safeguard students and staff when UV levels reach 3 and above. These measures are encouraged from the beginning of September to the end of April and at any other time UV levels exceed 3.

### Clothing

- Sun-protective clothing is recommended for all students and staff, covering as much skin as possible. This includes:
  - Cool, loose-fitting, closely woven fabric (e.g., cotton, polyester/cotton).
  - Shirts with collars and dresses/shorts longer than fingertip length when arms are at the sides.
  - Rash vests or t-shirts when swimming, except during approved events.

## **Sunscreen**

- Students and staff must apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors and reapply every two hours if staying outdoors for extended periods. Sunscreen is provided at key locations, such as reception.

## **Hats**

- All students and staff should wear hats that protect the face, neck, and ears (e.g., broad-brimmed, bucket, or legionnaire hats) during Terms 1, 3, and 4, and whenever UV levels exceed 3 when they are outdoors. Caps and visors are not suitable.

## **Shade**

- Outdoor activities are planned outside peak UV periods or in shaded areas whenever possible.
- Students without appropriate hats should remain under solid shade structures or indoors.

## **Sunglasses**

- Close-fitting, wrap-around sunglasses that meet the Australian Standard (AS 1067:2003) are recommended for outdoor activities.

## **Curriculum Integration**

- Educational programs addressing skin cancer prevention, sun protection, and vitamin D are integrated into the curriculum where appropriate (e.g., Body in Question).
- Sun protection practices are regularly reinforced through newsletters, assemblies, parent meetings, and the ASMS portal.

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## **Inclement Weather Guidelines**

Inclement weather conditions require special arrangements to ensure student and staff safety. This applies to situations involving extreme temperatures, heavy rain, wind, dust storms, and thunderstorms.

### **Heat**

- If the Bureau of Meteorology (BOM) forecast for the area indicates a temperature of 36°C or more by 10:50 am or 12:45 pm, students should stay indoors for recess and lunch. Teachers will schedule outdoor physical activity in the morning when temperatures are cooler. Staff will receive an email reminder regarding indoor recess/lunch.
- Physical Education or movement sessions during extreme heat will take place in indoor facilities or transition to theory lessons at the discretion of the teacher.
- Outdoor activities may be postponed or cancelled if an extreme heat warning is issued by the SES.

### **Wind and Dust Storms**

- In strong winds or dust storms, outdoor objects must be secured or put away. Students should avoid areas with potential hazards such as falling debris.
- If wind warnings are issued, outdoor activities will be assessed for safety and may be suspended.

### **Storms and Lightning**

- The 30-30 rule will be used during thunderstorms: if lightning and thunder occur within 30 seconds of each other, outdoor activities must be suspended, and everyone should seek shelter in fully enclosed structures. Outdoor activities can resume 30 minutes after the last observed lightning or thunder.

### **Wet Grounds**

- In cases of heavy rain or waterlogged grounds, students will remain under covered areas or inside classrooms. Leadership will announce when it is safe to re-open ASMS park.
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## **Procedures for Inclement Weather during Outdoor Activities**

### **Before Recess/Lunch (If Severe Weather is Forecasted):**

- Staff will receive an email and a Team notification signalling that students should be mindful of the weather and stay indoors.
- Extracurricular activities (e.g. ASMS Park) will be closed.
- The Flinders University Cafe will remain open, with students advised to avoid the inclement weather when accessing it. Staff will monitor these areas.

### **During Recess/Lunch (If Weather Changes):**

- Students will return indoors under teacher direction.
- Leadership will monitor and communicate when it is safe to resume outdoor activities.

### **Students / Staff Offsite (e.g. Work Experience):**

- People working off site will adhere to the preventative components of the sun protection and inclement weather guidelines where possible, and follow the guidelines of the site where they are e.g. the business on Work Experience.

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## **Risk Controls and Monitoring**

The school will:

1. Monitor daily weather forecasts and warnings through the Bureau of Meteorology (BOM) and the SES.
2. Implement risk control measures, including indoor relocation of activities during heat or storms.
3. Ensure hydration and shade during hot weather.
4. Suspend outdoor activities during severe weather events, including dust storms or lightning.

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## **Emergency Closure of School**

In extreme weather events, the school may be closed following advice from the Department for Education and Emergency Services. This will align with the ASMS Emergency Management Policy.

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## **Policy Review**

This policy will be reviewed every three years, with interim updates as required by new guidance from the Department for Education or changes in weather safety standards.