



Sun Protection (SunSmart) Policy

This policy applies to all school events, on and off site.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Objectives

This sun protection policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- ensure all students and staff have some UV exposure for vitamin D
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's SunSmart policy.

Staff are encouraged to access the SunSmart UV Alert at www.cancersa.org.au/primary-schools to find out daily local sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities from **1 September to 30 April** and whenever UV levels reach 3 and above at other times.

1. Shade

- The school has two COLAs, trees and verandas that provide extensive shade areas for students and adults
- The availability of shade is considered when planning excursions and all other outdoor activities. The school has portable shade canopies that are used at sporting events.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds projects.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have an appropriate school hat or outdoor clothing are asked to sit in the designated "No Hat-No Play" area.

2. Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, collared, loose fitting, made of closely woven fabric and has UV rating 50+.

3. Hats

- All students are required to wear approved school hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats, whenever they are outside. **Baseball or peak caps are not considered a suitable alternative.**

4. Sunscreen

- Students are to provide their own SPF 30 or higher broad spectrum, water resistant



sunscreen. While the school does have SPF 30+ sunscreen for emergency use, generally students with skin conditions and allergies prevent a whole-school use.

- Strategies are in place to remind students to apply sunscreen before going outdoors, including excursions. e.g. reminder notices, sunscreen monitors, sunscreen buddies; and to reapply during these events..

Staff WHS and Role modelling

As part of WHS UV risk controls and role-modelling, when the UV is 3 and above staff are to:

- wear sun protective hats, and clothing when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in

and attending outdoor school activities. e.g Sports Day

Curriculum

- Programs on skin cancer prevention and vitamin D are included in the curriculum where appropriate.
- SunSmart behaviour is regularly reinforced and promoted.

Review

- The Governing Council and staff regularly monitor and review the effectiveness of the SunSmart policy and revise the policy when required.

Date of next policy review: Term 3, 2016

Relevant resources – available from www.cancersa.org.au/primary-schools