



Sun Protection 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 during childhood and adolescence is a critical 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. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

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 Sun Protection policy.

Staff are encouraged to access the daily local sun protection times via the SunSmart app, www.myuv.com.au or www.bom.gov.au to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities during **terms 1,3 and 4** and whenever UV levels reach 3 and above at other times.

1. Shade

Students who do not have an appropriate school hat or outdoor clothing are asked to sit in the designated "No Hat-No Play" area or play in one of the COLAs.

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 or broad-brimmed, whenever they are outside during terms 1, 3 and 4. When the UV is 3 or above students are asked to wear a school hat. **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 are included in the curriculum where appropriate.

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

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 4, 2024

Relevant resources

Sun protection times

The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free SunSmart app, the free widget to place on your website (download via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>), myuv.com.au, in the weather section of the newspaper or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv>.

Creating effective shade

This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit <http://www.sunsmart.com.au/shade-audit>.

Generation SunSmart

Fun and interactive online sun protection modules for teachers, school nurses and year 6-9 students. Visit <http://www.generationsunsmart.com.au/>.

SunSmart millionaire

How SunSmart are you? An innovative online game-based resource for children aged 9-13 years that promotes the science behind the SunSmart message. Visit: <https://app.education.nsw.gov.au/rap/resource/access/a0d1bab8-c857-4bf6-9b95-640d3776b20d/1>

SunSmart Hat-Wearing Toolkit

Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behavior to reach 100% compliance or to phase out baseball caps. Visit

<https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit>