



## 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 SunSmart 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](http://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. Clothing**

Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

### **2. Sunscreen**

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.  
**AND / OR**
- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every 2 hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

### **3. Hats**

- **All** students and staff are required to wear 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. Shade**

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

### **5. Sunglasses [OPTIONAL]**

- Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the

Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

### **Staff WHS and Role modelling**

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

- wear sun protective hats, clothing and sunglasses 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.

### **Curriculum**

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- 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 on student enrolment.

### **Review**

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every 3 years) and revise the policy when required.

**Date of next policy review: September 2017**

**Relevant resources** – available from [www.cancersa.org.au/primary-schools](http://www.cancersa.org.au/primary-schools)

- **SunSmart UV Alert:** available as a free SunSmart app, online ([www.cancersa.org.au/sunsmart-apps](http://www.cancersa.org.au/sunsmart-apps)), in the weather section of the newspaper or as a free widget to place on your website. The sun protection times show when the UV is forecast to be 3 or above.
- **Creating effective shade:** online shade audit tool ([www.sunsmart.com.au/shade-audit](http://www.sunsmart.com.au/shade-audit)) 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.
- **Create your own SunSmart poster:** online SunSmart poster templates ([www.sunsmartposter.com.au](http://www.sunsmartposter.com.au)) where children choose the scene, text, upload an image of their own face to place into the scene and print off their very own poster with them as the SunSmart star. There are sun protection, vitamin D and snow posters to choose from.
- **Generation SunSmart:** fun and interactive online ([www.generationsunsmart.com.au](http://www.generationsunsmart.com.au)) sun protection modules for teachers, school nurses and year 6 - 9 students.