

## Sunsmart Policy

### Underlying Principles

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.

### Policy

#### 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.

#### Sunscreen

The school will supply SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.

Sunscreen will not be applied by staff to students – students are to apply their own sunscreen. Some instruction/training may be necessary.

Sunscreen should be 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.

#### Hats

All students are required to wear a school hats during terms 1 and 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 management, 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.

### Sunglasses

Students and staff are allowed 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.

### Bases of Discretion

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

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.

### Resources

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.