



**Sunsmart**

## **POLICY**

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

### **Rationale**

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV 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.

### **Objective**

This SunSmart Policy has been developed to

- Ensure all students and staff have some UV exposure for vitamin D.
- Encourage the entire school community to use a combination of sun protection.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- 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 [sunsmart.com.au](http://sunsmart.com.au) to find out daily local sun protection times to assist with implementation of this policy.

We use a combination of sun protection measures for all outdoor activities during the daily local sun protection times (whenever UV levels are 3 or higher) typically from mid-August to the end of April .

#### 1. 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.

#### 2. Clothing

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

#### 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. 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 as possible .

#### 5. Sunscreen

- The school supplies SPF30+ broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two 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.

#### **Staff OHS and Role Modelling**

As part of OHS UV risk controls when UV levels are 3 or higher and between mid-August to the end of April and role-modelling staff will;

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF30+ 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**

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

This policy was last ratified by School Council on 02 August 2016