



# SunSmart Policy



## 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 ten years of life is a major factor in determining future skin cancer risk.*

*Too little UV radiation 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 whole 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 whole community at appropriate times.
- Ensure all students and staff have some UV radiation 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.
- The school uses a combination of sun protection measures for all outdoor activities during terms 1,2,3 and 4, and whenever the UV levels reach 3 and above.

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## CLOTHING

- Sun protective clothing is included in the school uniform/dress code and sports uniform.
- The 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.
- Rash vests and/or T shirts are to be worn for swimming week.

## SUNSCREEN.

- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every 2 hours if outdoors for an extended period.
- Strategies are in place to remind students to apply sunscreen before going outdoors. (Reminder notices and posters in classrooms)
- Families and Staff are asked to supply their own sunscreen (SPF 30 or higher broad spectrum, water resistant sunscreen)

## HATS

- All students and staff are required to wear hats that give good cover to the face, neck and ears.
- Broad brimmed (at least 6cm for students and 7.5cm for adults), legionnaire or bucket style hats (bucket hats must have a deep crown and crown and at least 5cm brim for students and 6cm for adults) are recommended.
- Baseball caps are not acceptable.

## SHADE

- The school makes sure there is sufficient shade and shelters, especially where students congregate.
- The availability of shade is considered when planning any outdoor events or excursions.
- Outdoor activities are planned outside the peak UV radiation times, or in the shade where possible.
- In consultation with the school council, shade provision is considered in plans for future buildings.
- Students are actively encouraged to use available areas of shade for outdoor activities.
- Students who do not have appropriate clothing or hats are asked to play in the shade.

## STAFF WHS AND ROLE MODELLING

- As part of UV risk controls and role modeling, when the UV level is 3 and above staff will wear protective hats and clothing.
- Staff will role model hats whilst outside in terms 1, 2, 3 and 4.
- Apply SPF 30 or higher broad spectrum water resistant sunscreen.
- Seek shade wherever possible.
- Families and visitors are encouraged to use a combination of sun protection measures, hats, clothing, sunscreen and shade, when attending and participating in outdoor school functions and activities.

## CURRICULUM

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart behavior is regularly reinforced and promoted to the whole school community through the newsletters, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

## POLICY REVIEW

The school reviews its sun protection policy regularly (minimum 3 yearly) to ensure that the information remains current and relevant.



Next Review: Feb 2023