



# SunSmart Policy

## Rationale

Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. As the sun's UV radiation is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

Too much ultraviolet (UV) radiation exposure can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

## Purpose

Given that school hours and activities fall within the peak of UV periods of the day, this policy provides guidelines on effective UV protection strategies.

To meet duty of care and work health and safety requirements, all Department for Education sites must have an active sun protection policy in place during terms 1, 3 and 4 (or August to April) and when UV is 3 and above at other times.

This SunSmart policy provides guidelines to:

- Ensure all students and staff are protected from over-exposure to UV radiation.
- Ensure the outdoor environment provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- Support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

## Scope

The policy applies to:

- Students, staff, volunteers, visitors and contractors.
- Activities and events on and off-site including; recess/lunch, outdoor lessons, assemblies, PE and sports classes, out of school hours care and vacation care, interschool sports activities, excursions, camps and casual dress days.
- School environments and environments where school-related events occur.

## Definitions

- Ultraviolet (UV) radiation – a type of energy produced by the sun and some artificial sources, such as solariums and collariums. UV cannot be seen or felt. The sun's UV can reach you directly and also indirectly (reflected off different surfaces and scattered by particles in the air). At least 95% of skin cancers are caused by UV exposure.

- Sun Protection Times – a forecast by the Bureau of Meteorology (BOM) for the time-of-day UV levels are predicted to reach 3 or higher (when sun protection is recommended for all skin types). In South Australia the UV index is generally 3 and above from 1<sup>st</sup> August until 30<sup>th</sup> April 2024. During May, June and July the UV index will be monitored.
- Sun protection – a combination of strategies (clothing, hats, sunscreen, sunglasses and shade) to protect from UV.
- Shade – a barrier (built, natural or temporary) that protects from direct UV. Good quality shade can reduce UV by up to 75%. Shade design incorporates indirect UV protection through the choice or modification of surrounding surfaces (e.g. dark, natural rough surfaces that reflect less UV).

## Implementation

- The UV index and sun protection times is displayed and communicated to students via the SunSmart widget on Sentral. The BOM app is the official app for checking UV and temperature information.
- The sun protection measures listed in this policy are used for all outdoor activities during the daily local sun protection times.
- Students will remain inside and appropriate supervision will be organised when the temperature reaches 36°C or above as reported on BOM website / app.

## Procedures

### Environment

#### Shade: *Seek Shade*

- A shade audit is conducted regularly to determine the current availability and quality of shade and ensures there is a sufficient number of shelters and trees to provide shade in the school grounds, particularly in areas where students congregate e.g. for lunch, the canteen area, outdoor lesson areas and play areas.
- The availability of shade is considered when planning all outdoor activities and excursions.
- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- Students are encouraged to choose and use available areas of shade when outside.
- Shade provision and UV reflective surfaces are considered in plans for refurbishments and future buildings and grounds.

### Behaviours

#### School Uniform/Dress Code

##### Clothing: *Slip* on sun-protective clothing

- Sun protective clothing is included in the school uniform / dress code and sports uniform and includes:
  - Cool, loose-fitting, sun protective clothing made of densely woven fabric or UPF rated fabric.
  - Shirts with collars, both short and long sleeves, longer style dresses and shorts.
- Students without appropriate covering clothing will be asked to use shaded areas or suitable areas protected from the sun.

## Hats

### *Slap* on a sun protective hat

- All staff and students wear broad-brimmed, bucket style or legionnaire hats that protect their face, head, neck and ears, whenever they are outside from 1<sup>st</sup> August to 30<sup>th</sup> April and whenever the UV level is 3 or higher outside of those times.
- Students without a sun protective hat are provided with a spare hat where possible.
- Students without an appropriate hat are asked to stay/play under the verandas.

## Sunscreen

### *Slop* on sunscreen

- Parents are requested to apply sunscreen to students before school and vacation care. Notices are placed in the fortnightly newsletter, OSHC enrolment pack, Facebook and also via class apps. Families attending vacation care are reminded in vacation care program communications.
- The school provides SPF50+ broad-spectrum, water-resistant sunscreen to each classroom for all staff and students to use at any time. It is also available at the front office and first aid room. Sunscreen is also available to students attending out of school hours and vacation care services and is taken on all excursions, camps, sports events etc.
- Students with allergies to generic sunscreens are asked to provide their own.
- Strategies are in place to remind and encourage students to apply sunscreen before going outdoors. Teachers remind students to do so and the sunscreen is positioned next to the door. Notices are placed on Sentral to remind teachers to do so regularly.
- The school community is educated about the correct use of sunscreen and the level of protection it provides (i.e. applying 20 minutes before going outside and reapplying every 2 hours, or more frequently if sweating or swimming).

## Sunglasses

### *Slide* on sunglasses (optional)

- Where practical, staff and students are encouraged to wear close fitting wraparound sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## Governance and Leadership

### Staff role-modelling and OHS

- As part of OHS UV risk controls and role-modelling, staff:
  - Wear a sun-protective hat, covering clothing and, if practical, sunglasses.
  - Apply SPF50+ broad spectrum, water-resistant sunscreen.
  - Seek shade whenever possible.
- SunSmart information is included in the staff handbook/orientation materials and during new staff induction.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.
- UV radiation exposure is considered as part of the school's risk management and assessment for all outdoor events and activities on and off-site e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen) are included in school camp activities, vacation care, excursions, sports days and other sporting events.

## School and Community Engagement

- For their own safety and to reinforce our school's sun protection strategies, families, visitors, contractors and volunteers are also asked to:
  - Wear a sun-protective hat, covering clothing and, if practical, sunglasses.
  - Apply SPF50+ broad-spectrum, water-resistant sunscreen, and
  - Seek shade whenever possible.

## School Curriculum

### Learning

- Sun protection and UV safety education is incorporated into the health curriculum for all year levels.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures at the school including taking leadership roles in managing sun protection for the whole school community e.g. accessing daily sun protection times, hat and sunscreen application reminders and supporting other students to be SunSmart.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, school website, class apps, social media, assemblies, student and teacher activities and at student enrolment / orientation.

### Monitoring and Review

- The school council, staff and students/SRC monitor and review the effectiveness of our SunSmart Policy (at least every three years) and revise the policy when required.
- SunSmart policy updates and requirements will be made available to staff, families, students and visitors.
- The school's SunSmart policy is easily accessible to staff, students and parents via the school website and Sentral.
- Our school is committed to our SunSmart membership and completes a policy review and membership renewal with SunSmart at [SunSmart Schools and Early Childhood Program - Cancer Council \(cancersa.org.au\)](#) at least once every three years.
- As a registered SunSmart member, we have submitted a copy of our policy to SunSmart and commit to implementing the sun protection measures as documented. SunSmart will be notified of any changes to our policy.