



## Sun Smart Policy

### Rationale

Australia has the highest rate of skin cancer than anywhere in the world. The major cause of skin cancer is overexposure to the ultra-violet rays of the sun over many years.

As children spend more time outdoors, particularly when at school, it is estimated that they receive three times more UV radiation than adults. Research highlights skin protection, particularly in the first 18 years of life, as a major strategy in the fight against skin cancer.

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.

Skin cancer is almost totally preventable by using a combination of "SunSmart" strategies to protect from UV radiation.

### Definition

Ultra Violet Radiation (UVR) is emitted by the sun and can't be felt or seen but can cause permanent skin damage. UV radiation intensity varies across Australia and in Adelaide UVR readings are generally highest between August to May and peak times are 10.00am – 3pm (11.00am-4.00pm in daylight savings). In South Australia skin protection strategies are recommended if the UV reading is 3 or above.

### Objectives:

The 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 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

# Skin Protection Practices

## 1. 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 and rash vests or t-shirts for outdoor swimming and aquatics.

## 2. Sunscreen

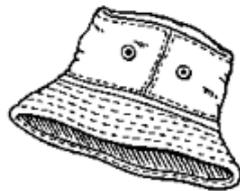
- Students provide their own SPF 30 or higher broad-spectrum water resistant sunscreen.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g .reminder notices, sunscreen monitors)

## 2. Hats

- All students and staff are required to wear hats that protect their face, neck and ears from 1<sup>st</sup> September to 30<sup>th</sup> April and whenever the UV rating is above 3.



A broad brimmed hat with a brim width of at least 7.5 cm.



A bucket hat with a deep crown that sits low on the head and has an angled brim, which is at least 6 cm wide.

## 4. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- sufficient number of shelters and trees provide shade in the school grounds, particularly in areas where students congregate e.g. the canteen, outdoor lesson areas and popular play areas
- The availability of shade is considered when planning excursions and all other outdoor activities
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible
- 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 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 wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2003 (Sunglasses: lens category 2,3 or 4) and cover as much of the eye area as possible.

# Roles and Responsibilities

## ***Role of the Leadership team***

- Inform parents of the SunSmart Policy when they enrol their children
- Use the school newsletter to promote skin protection strategies and reinforce the SunSmart policy
- Provide access to the SunSmart policy as part of staff induction
- Provide staff with access to professional development in sun protection
- Monitor the amount of shade available so as to provide adequate sun protected areas in the school grounds
- Students will remain inside and appropriate supervision will be organised when the temperature reaches 36°C or above as reported on Bureau of Meteorology (BOM) website / app
- Monitor curriculum delivery to ensure information and activities about sun protection are included in programs at the early, primary and middle school years of schooling
- Maintain contact with State Cancer council for resources & material
- Inform staff of UV rating using intranet when necessary e.g. change of seasons

## ***Role of Staff***

- Act as a positive role model by wearing a sun smart appropriate hat and clothing, applying sunscreen and seeking shade or using sunshades where possible, while participating in outdoor activities
- Monitor the wearing of hats by students when outdoors, throughout the year
- Use their discretion when scheduling outdoor activities with students to minimise exposure to UV radiation (including camps, excursions & sporting events)
- Provide opportunities and remind students to reapply sunscreen throughout the day
- Incorporate programs on skin protection in their curriculum and regularly reinforce the Sun Smart policy
- Act in accordance with the school's W&HS SunSmart Policy

## ***Role of Students***

- Wear a broad brimmed/legionnaires/bucket style school hat whenever they are outdoors participating in school related activities when the **UV rating is 3 or above.**
- Play in the shade when they have no hat
- Wear clothing to cover as much skin as possible in accordance with the school dress code
- Use available areas of shade for outdoor activities
- Be encouraged to use the SPF 30+ broad-spectrum, water resistant sunscreen provided by families, when participating in outdoor activities and special events such as; sports, swimming, camps or excursions (allowing application time before exposure 15-20 minutes)
- Have a sound understanding of skin protection strategies through participation in educational programs incorporated within the curriculum

## ***Role of Parents / Caregivers***

- Provide a school uniform hat for their child's use throughout the year
- Apply sunscreen to exposed areas prior to student's arriving at school when the UV rating is predicted to be 3 or above
- Provide sunscreen for their child to apply during the day
- Act as positive role models by practicing skin protection behaviours themselves when attending outdoor school events

## ***Role of the community***

- Know that we care and are committed to the health of our students and staff because we are a SunSmart school

## ***Evaluation***

- This policy will be reviewed with students, parents and community input as part of the school's review cycle.
- Participate in the Cancer Council Review process - to be reviewed every 3 years.

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