

## Sun Smart Policy

### **Rationale**

Australia has the highest incidence of skin cancer in the world. Being Sun Smart means finding a balance between sun protection to lower the risk of skin cancer and sun exposure for the production and maintenance of vitamin D. To provide adequate Ultra Violet (UV) protection for children and staff, this policy will be observed during Terms 1, 3 & 4 or whenever UV level is 3 and above at other times.

### **Aim**

The aims of the Sun Smart Policy are to promote amongst students and staff the following:

- Positive attitudes towards skin protection through education and role models
- Education about lifestyle practices, which can help reduce the incidents of skin cancer and the number of related deaths.
- Provide adequate shade facilities at school and at sporting carnivals and outdoor events.
- Ensure children and staff are well protected when the UV radiation level is 3 and above, particularly during peak UV times of the day.
- Educate about vitamin D and how it is essential for the development of strong bones and muscles.

### **Implementation**

During Terms 1, 3 & 4, or whenever UV is 3 and above the following will be enforced:

- Students will wear broad brimmed, legionnaire or bucket hats that protect face, neck and ears whenever they are outside during the school day. Students who do not have a suitable hat will not be allowed to play in the direct sun.
- All students and staff to wear sun protection clothing with collars, made from closely woven material, longer sleeves and longer style shorts, skirts and dress that covers as much skin as possible.
- Students will be encouraged to play in shaded areas when playing outdoors.
- Broad spectrum, water resistant SPF30+ sunscreen or higher will be available to all students during swimming, outdoor activities, excursions, camps and outdoor classroom activities. It will be applied on clean and dry skin 15-20 minutes before stepping out in the sun and re-applied every two hours if outside for an extended period.
- Teachers and staff are to act as role models by practising Sun Smart behaviour. Parents and visitors will also be encouraged to be Sun Smart when attending school activities.
- Promote a Sun Smart lifestyle through newsletters, website and classroom notices.
- Students will learn sun protective behaviours in classrooms.
- During May, June & July, when UV is normally below 3, this policy will be relaxed for vitamin D exposure which is necessary for strong bones and general well-being.
- Staff to monitor the UV levels on a regular basis to guide in planning outdoor activities through the Bureau of Meteorology, Cancer Council website and the Sun Smart app. These will also provide real times when sun protection is needed during UV peak hours.
- Staff and students are encouraged to wear wrap-around sun glasses with EPF 10 and category 2, 3 & 4 when it is safe and practical.