



SUNSMART Policy

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

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 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.

Objectives

This 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 that families and new staff are informed of the school's SunSmart policy.

Staff are encouraged to access the 'daily sun protection times' which can be accessed via the SunSmart app, www.myuv.com.au or www.bom.gov.au/uv to find out daily local sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities during terms 1,3 and 4 and whenever UV levels reach 3 and above at other times.

1. Shade

- 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 under the Solar Shelter.
- Where possible outdoor activities are scheduled outside of the peak UV times of the day, or are conducted in the shade/outdoors.

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 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.

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. Sunscreen

- Students are encouraged to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- AND
- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen available for staff and student's use.
 - Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every 2 hours if outdoors.

Staff WHS and Role modelling

As part of WHS UV risk controls and role-modelling, when the UV is 3 and above staff:

- wear sun protective hats, and SunSmart clothing when outside
- are encouraged to apply SPF 30 or higher 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.

Date of next policy review: 18/12/2020