

SUN SMART POLICY



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

Background

Australia has one of the highest rates of skin cancer in the world, with almost one in two people developing some form of skin cancer during their lives. With this in mind, the Governing Council has reviewed the recommendations of the Cancer Council of SA's for schools and have developed the following policy.

To ensure a healthy balance between UV exposure and UV protection, it is recommended that skin is protected when the UV level is 3 and above. For much of South Australia, this is from the beginning of September to the end of April.

Aim

The aim of our Sun Smart policy is to:

- increase the school community's awareness of the importance of a healthy balance between UV exposure and UV protection
- encourage the use of a combination of sun protection strategies which will lower the risk of skin damage and skin cancer
- encourage children's personal responsibility for and decision making about skin protection

Our Principles

- Students must wear an appropriate hat
- No hat, must play under hard shelter shade (not under playground shade)
- Teachers to wear appropriate hats
- Students actively encouraged to use shaded areas
- Ensure all students and staff have some UV exposure for vitamin D
- Hot weather policy 36°C and above – students stay inside
- Students are encouraged to come to school wearing sunscreen
- Broad spectrum SPF 30+ sunscreen is available for staff and students whenever they go outside
- Students attending outdoor swimming classes are required to wear T-shirts, rash-vests or swimwear which fully covers their trunk
- Teachers will provide regular sun protection reminders before going outdoors for breaks — particularly at lunch time and during swimming and other excursions
- Students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection
- Sun protection is incorporated into the planning of all outdoor events
- All students are required to wear a broad brimmed, legionnaire or bucket hat during terms 1, 3 & 4 (see overleaf)
- Students must wear their hats during all outdoor activities, recess and lunch during terms 1, 3 & 4
- If the UV Factor is 3 or above, teachers will take extra care between 10am and 3pm when UV radiation levels are at their highest
- Where possible assemblies, fire drills, sports days and excursions will be planned earlier in the morning or later in the afternoon or at an indoor venue if possible
- Programs on sun protection and vitamin D are included in the curriculum for all year levels





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Procedures

Our school will ensure our staff and students use a combination of sun protection strategies every day from 1 September – 30 April and at any other time when the UV level is 3 and above by:

- Considering UV radiation levels when planning any outdoor activities
- Using shade outdoors as much as possible
- Including sun protective styles of clothing as part of our school uniform/dress code
- Requiring students and staff to wear a hat outdoors that protects the face, neck and ears
- Supplying and actively encouraging the self-application of SPF 30+ broad spectrum sunscreen before outdoor activities and before each play break
- Reinforcing the Sun Smart message through the curriculum and school communication channels
- Role modelling the wearing of sun safe clothing and sunscreen
- Leadership will inform classes when UV is 3 or above during Term 2
- Students will leave their hats at school during Term 2 in class in case they are required

Hats

The Cancer Council recommends three styles of hats for good protection:

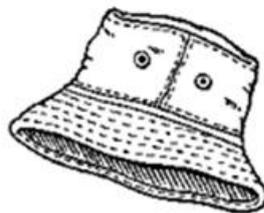
- A broad brimmed hat with a brim width of at least 7.5 cm
- A legionnaire style hat where the back flap meets the side of the front peak
- A bucket hat with a deep crown that sits low on the head and has an angled brim, which is at least 6 cm wide

Students may wear close fitting wraparound sunglasses that meet Australian standards

**Broad brimmed hat – please remove
cords**



Bucket hat



Legionnaires hat

