

# SUNSMART POLICY

## Rationale

The Sunsmart Policy has been developed to ensure that all students and staff attending the school are protected from skin damage caused by harmful ultraviolet rays (UV) of the sun. In Tasmania, the UV is 3 and above from September to April and safe sun exposure for vitamin D (May to August). Therefore, schools need to implement sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UV risks.

## Aims

- To ensure that all staff and students are protected from skin damage caused by the ultraviolet rays of the sun.
- To include sun safety in our school health program and practise sun-safe behaviours while engaged in school activities.
- To encourage students to accept responsibility for their own solar protection.
- To include parents and students in the implementation of our policy for solar protection.
- Support duty of care and regulatory requirements; and
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

## Strategies

- Staff and students are encouraged to check and record the sun protection times on a daily basis at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, [www.myuv.com](http://www.myuv.com) or on the free SunSmart app.
- In Tasmania average peak UV levels reach 3 and above from September to April. Staff and students will use the following sun protection measures when UV levels are 3 and above:

## Guidelines

- Programs on skin cancer prevention will be incorporated in the school health program K-6.
- Hats will be worn during outdoor activities from 1 September to 30 April each year. The school uniform hats will protect the face, neck and ears. Students without the approved hat will be restricted to shaded areas. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats.
- Sun-safe clothing is included in the school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming. Clothing exposing large amounts of shoulder and upper torso (singlets, tank tops and strappy dresses) are not considered suitable.
- All staff and students will be required to use SPF 30+ sunscreen. Students are encouraged to provide their own broad-spectrum, water-resistant SPF 30 or higher sunscreen. This should also be available for use at the school. Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours when outside for long periods (more frequently if swimming and sweating). Sunscreen should be stored in a cool, dry place and the expiry date monitored. Sunscreen should be used as a last line of defence.
- Outdoor activities including sporting events will be held, whenever possible, at a time which will minimize the dangers of U.V. The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. Students are actively encouraged to use available areas of shade when outdoors. Availability of shade is considered when planning excursions and all outdoor activities.
- Close-fitting wrap-around sunglasses that comply with Australian Standards 1067 (Category 2, 3 or 4) are encouraged but optional.
- Parents will be informed about our Sunsmart Policy when enrolling a student.
- Staff and parents are asked to act as role models by practising sun-smart behaviours.
- The amount of shaded and protected areas through the school grounds will be extended.
- The Sunsmart Policy will be reinforced regularly in positive ways through the newsletter, Student Council and class activities.

## Review

The school's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.