

## SunSmart /Sun Protection Policy

This policy applies to all outdoor school activities on and off-site and is considered in the planning of all outdoor events.

Developed: 2020

Reviewed: 2023

Next review: 2026

### Rationale

Too much ultraviolet (UV) radiation exposure can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. As the sun's UV radiation (which cannot be seen or felt) is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

### Purpose

Given school hours fall within peak UV periods of the day, this comprehensive evidence-informed policy provides guidelines on effective UV protection strategies.

This SunSmart policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

**Daily sun protection times** are forecast by the Bureau of Meteorology for the time-of-day UV levels are predicted to reach 3 or higher, based on location. At these levels, sun protection is recommended for all skin types.

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the [free SunSmart Global UV app](#), [sunsmart.com.au](https://sunsmart.com.au) or [bom.gov.au](https://bom.gov.au).

The sun protection measures listed in this policy are used for all outdoor activities **during the daily local sun protection times**.

# Procedures

## 1. Physical environment

### Shade: *Seek shade*

- The availability of shade is considered when planning all outdoor activities.
- Students are encouraged to use available areas of shade when outside .

## 2. Social-emotional environment

### School dress code

The school's dress code for students and staff applies to all outdoor events on and off-site.

### Clothing: *Slip on sun protective clothing*

- The school dress code encourages:
  - Cool, loose-fitting, sun protective clothing made of densely woven fabric
  - Shirts with collars and elbow-length sleeves
  - Longer-style dresses, skirts, shorts and pants.
- Students without appropriate covering clothing will be asked to use shaded areas or suitable areas protected from the sun.

### Hats: *Slap on a sun protective hat*

- All staff and students are advised to wear broad-brimmed, bucket or legionnaire hats that protect their face, head, neck and ears, whenever they are outside.
- Caps and visors are not considered a suitable alternative.
- Students without an appropriate hat will be asked to use shaded areas or suitable areas protected from the sun.

### Sunscreen: *Slop on sunscreen*

- Students and staff are encouraged to bring their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- Strategies are in place to remind and encourage students to apply sunscreen before going outdoors (e.g., reminder notices, sunscreen monitors, sunscreen buddies) with time for this scheduled into the class routine.
- The school community is educated about the correct use of sunscreen and the level of protection it provides (apply 20 minutes before going outdoors and reapply every 2 hours)

### Sunglasses: *Slide on sunglasses*

- Where practical, students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## 3. Governance and leadership

### Staff role-modelling and OHS

- As part of OHS UV risk controls and role-modelling, staff are encouraged to:
  - wear a sun-protective hat, covering clothing and, if practical, sunglasses;
  - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
  - seek shade whenever possible.

## 4. School and community partnerships

### Families and visitors

- For their own safety and to reinforce our school's sun protection strategies, families, visitors and volunteers are also encouraged to:
  - wear a sun-protective hat, covering clothing and, if practical, sunglasses;
  - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
  - seek shade whenever possible.

## 5. School curriculum

### Learning

- Students are encouraged to be involved in initiatives to promote and model sun protection measures at the school e.g. accessing daily sun protection times, hat reminders and supporting sunscreen application.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, school website/intranet, staff meetings, student and teacher activities.

## SunSmart resources

- [Sun protection resources and information for primary schools](#)
- [Sun protection resources and information for secondary schools](#)
- [Sun protection advice for parents and carers](#)
- [Sun protection information in different languages](#)

