

# SUNSMART POLICY

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## PURPOSE

Over-exposure to UV (ultraviolet) rays causes sunburn, skin damage and increased risk of skin cancer. Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer. However, some skin exposure to the sun's UV rays is needed for the production of vitamin D, vital for maintenance of healthy bones, teeth and general good health.

Being SunSmart is a whole-of-year approach. It means using sun protection when the UV is 3 and above (Sept to April), and safe sun exposure for vitamin D (May to August).

## POLICY OBJECTIVE

Ensure children and staff maintain a healthy UV balance all year round. Encourage sun protection **when UV Index levels reach 3 and above** and safe sun exposure for vitamin D.

Educate staff and children on appropriate sun protection measures.

## REQUIREMENTS

### 1. Clothing

Sun-safe clothing is part of our 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 eg. singlets, tank tops and strappy dresses are not considered suitable.

### 2. Sunscreen

The use of SPF 30+ (or greater), broad-spectrum sunscreen is encouraged.

Where possible SPF 30+ broad-spectrum water-resistant sunscreen is available for use.

Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours.

### 3. Hats

Students are required to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps do not offer enough protection and are not recommended.

### 4. Shade

The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. The use of these areas is encouraged.

Availability of shade is considered when planning excursions and all outdoor activities.

### 5. Sunglasses

Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged but optional.

Students without a sun-safe hat or clothing must play in areas protected from the sun.

To help maintain adequate vitamin D levels sun protection will not be used from May to August, when average peak UV levels are below 3 unless in alpine regions, near highly reflective surfaces such as water and snow or outdoors for extended periods.

## ROLES AND RESPONSIBILITIES

Staff are encouraged to check the UV Alert on a daily basis at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, [www.myuv.com.au](http://www.myuv.com.au), or on the free SunSmart app or widget.

Staff and students must use a combination of sun protection measures from September to April, when average peak UV levels in Tasmania reach 3 and above.

When UV is 3 and above staff will role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.

Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.

Programs on skin cancer prevention and vitamin D are included in teaching programs for all year levels.

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, meetings, assemblies and upon enrolment.

Staff ensure SunSmart policy is reflected in the planning of all outdoor events and excursions.

Where possible, outdoor activities will be planned away from the middle of the day during the period September to April (when UV levels reach 3 and above).

## REVIEW

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.

Review date: Feb 2021

This information is based on current evidence available at time of review. Last updated: Feb 2018.

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