



## Sun Protection Policy

### Rationale

It is important to have a healthy balance of ultraviolet radiation exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major risk factor in determining future skin cancer risk. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

### Guidelines

The SunSmart Policy has been developed to:

- Ensure all students and staff gets some UV for Vitamin D.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's Sun Smart policy

Staff is encouraged to access SunSmart UV alert at [sunsmart.com.au](http://sunsmart.com.au) or the daily paper to find out local sun protection times to assist with the implementation of this policy

### Implementation

A combination of sun protection measures are developed for all outdoor activities from beginning of September to the end of April and whenever UV levels are known to reach 3 and above, the level that can damage skin and eyes.

#### 1. Shade

The School Council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds

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 planned for future buildings and grounds

Students are encouraged to use available areas of shade when outside

Students who do not have appropriate hat or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

#### 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 densely woven fabric. It includes shirts with collars and longer 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 ie legionnaire, broad brimmed or bucket hats whenever they are outside. Baseball or peak caps are not considered a suitable alternative



#### 4. Sunscreen

Students must provide their own SPF30+ broad spectrum, water resistant sunscreen

Sunscreen is encouraged to be applied at least 20mins before going outdoors and reapplied every two hours

#### Evaluation

The School Council and staff will regularly monitor and review the effectiveness of the SunSmart policy.

#### Certification

*This policy was endorsed by School Council at the meeting held on 20 May 2014*

Signed.....

Principal

Signed.....

School Council President