

# SUNSMART POLICY

April 2019

## 1. Rationale

Over-exposure to UV (ultraviolet) rays from the sun causes sunburn, skin damage and increases the 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 (September to April), and safe sun exposure for vitamin D (May to August).

## 2. Objectives

- 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.
- Ensure the outdoor environment provides shade for staff and students;
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

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

### 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.

### 2. Sunscreen

- The use of SPF 30+ (or higher), broad-spectrum water-resistant sunscreen is available for use and required to be applied by staff and students.
- 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.
- Strategies are in place to remind students to apply sunscreen before going outdoors. Staff and students are encouraged to apply sunscreen before coming to school.

### 3. Hats

- Students and staff are required to wear our sun-safe school hats that protect the face, neck and ears when outside. Students without hats are required to play in the shade.
4. **Shade**
- The school community is committed to providing shade in popular areas where students eat, play and learn outdoors.
  - The availability of shade is considered when planning excursions and all outdoor activities.
  - Students are actively encouraged to use available areas of shade when outdoors.
5. **Sunglasses**
- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067 (Category 2, 3 or 4) are encouraged but optional.
- **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.
- **Staff OHS, role modelling and education**
- 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.
  - SunSmart policy updates and requirements will be made available to staff, families and visitors.
  - 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.
- **Planning**
- 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 be renewed each year to align with the Cancer Council Tasmania.

This information is based on current evidence available at time of review. Last updated: March 2019.

For more information e: [sunsmart@cancertas.org.au](mailto:sunsmart@cancertas.org.au) ph: (03) 6779 1103 w: [www.cancertas.org.au](http://www.cancertas.org.au).