

## **SUN SMART GUIDELINES**

### **Rationale**

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world. Skin cancers account for 80% of all new cancers diagnosed in Australia each year. Melanoma is the most diagnosed cancer for 15 – 44 year olds.

These Guidelines are followed all year round. Staff will act as role models in line with the Sun Smart program role modelling requirements and OHS standards. Staff are required to adopt protective measures put in place by their employer as part of employee OHS responsibilities.

### **Objectives**

The goals of the Sun Smart Guidelines are to:

- Increase student and community awareness about skin cancer and sun protection
- Encourage the entire school community to use a combination of sun protection measures all year round
- Work towards a safe school environment that provides shade for students, staff and the school community
- 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

### ***Sun Protection strategies***

- All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected.
- Where possible outdoor activities (assemblies, sport, PE, etc) are scheduled outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time).
- The Sun Smart policy is considered when planning outdoor activities and excursions. Where possible, we aim to have outdoor activities or events earlier in the morning or later in the afternoon, and use indoor venues.

### ***Shade***

- The school community is committed to providing shade (trees, built and portable shade structures etc) in areas where students gather – such as eating, outdoor teaching and popular play areas.
- There is consultation with the school community about future plans for shade.
- Students are encouraged to use the shade available when outside.
- The availability of shade is considered when planning excursions and outdoor activities.

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### ***Clothing***

The children at our school are not required to wear a uniform but there is a basic dress code that includes the wearing of sun safe clothing to reflect the school's philosophy.

- Students are required to wear Sun Safe clothing, which covers shoulders, back and mid-riff. Styles that have collars to protect the neck, and sleeves are suitable. Shorts, dresses and skirt lengths should extend as close to the knee as possible. School clothing should be made of close weave fabric. Rash vests or t-shirts will be worn when swimming outdoors. (Please note: Cap sleeves are not considered sun protective and are therefore not acceptable.)

### ***Hats***

- Students are required to wear hats that protect their face, neck and ears, i.e. bucket or broad-brimmed whenever they are outside. (Please note: Baseball caps are not considered sun protective and are therefore not acceptable.)
- Students who do not have an appropriate sun protective hat will be asked to stay in shaded verandah areas only.

### ***Sunglasses [SUGGESTED]***

- Staff 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.

### ***5. Sunscreen***

- SPF30+ broad-spectrum sunscreen is available for staff and students use.
- Students and teachers are encouraged to apply sunscreen at least 20 minutes before going outdoors and to reapply sunscreen every 2 hours when outdoors for extended periods.

### ***Role Modelling***

- Staff act as role models by:
- Wearing sun protective hats (broad brimmed, bucket or legionnaire hats) and clothing outside
- Applying SPF 30+ broad spectrum, water resistant sunscreen
- Seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

### ***Curriculum***

- Sun protection and skin cancer awareness is incorporated into appropriate areas of the school curriculum.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

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### ***Review***

- The School Board and staff will regularly monitor and review the effectiveness of the Sun Smart Policy.
- The school's Sun Smart Policy will be updated and submitted to Cancer Council NSW once every three years.