



# SUN PROTECTION POLICY

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## RATIONALE

Australia has one of the highest incidences of skin cancer in the world, with at least 2 in 3 Australians treated for skin cancer before the age of 70.

It is estimated that 80% of these concerns are preventable through the development of safe practices and limited exposure to ultra-violet rays.

As children are at school during the high ultra-violet risk period each day for five days each week, the school has the potential to significantly reduce the level of sun exposure sustained by children.

## DEFINED GOALS

*This policy's aims are:*

- (a) To increase student and community awareness of skin protection, sun exposure and vitamin D.
- (b) To adopt practical sun protection measures, particularly between September 1 and April 30, and at any other time of the year when the UV radiation levels are 3 and above.
- (c) To develop strategies which encourage responsible decision making about sun protection.
- (d) To maintain a safe school environment that provides shade for students and staff.
- (e) To encourage students, parents, teachers and staff to wear protective clothing, hats and sunscreen in peak sun protection times at any time during the day when outdoors e.g. recess and lunch times, sports, excursions and camps.
- (f) To inform parents during student enrolment of the school's Sun Protection Policy and encourage their support by role-modelling whilst at the site, on excursions and at home.

## IMPLEMENTATION

### 1. CURRICULUM

Sun protection, vitamin D and skin cancer prevention programs will be incorporated into Health, Physical Education, or Science areas of the curriculum.

### 2. OUTDOOR ACTIVITIES

During the months September to April all outdoor activities, such as Physical Education lessons or outdoor classes will, whenever possible, be scheduled outside of the peak sun protection times during the school day. Where possible, activities will be held in shaded areas. From May to August on the days when the UV radiation level is below 3, outdoor classes/lessons may be held outdoors and in the sunlight to source vitamin D, vital for the development and maintenance of strong, healthy bones.

### 3. **SUNSCREEN**

When the UV levels are above 3, SPF 30 and above broad spectrum, water resistant sunscreen will be applied 20 minutes prior to going outside. When children are outside for extended periods and/or during water activities, they will be encouraged to reapply sunscreen (not zinc cream).

### 4. **HATS**

It is a requirement that all children will wear a hat during play, and at other times as directed by the teacher from **September 1 to April 30**.

In these months a 'no-hat, no-play' policy exists for all students participating in outdoor activities, and at other times as directed by the teachers.

**Keyneton Primary broad-brimmed or the new approved bucket style hats must be worn.**

During **May to August** to help maintain winter vitamin D levels, sun protection measures are not used when the ultraviolet radiation levels are below 3. If the UV levels reach 3 and above, extra care will be taken by using sunscreen and wearing hats in the middle of the day or if children are outside for long periods of time – e.g. sports day, excursions etc and the UV levels are fluctuating.

### 5. **SUNGLASSES**

Students are allowed to wear sunglasses for outdoor activities (Parents should check when purchasing these that they are approved by Cancer Council SA or meet the Australian Standard 1067).

### 6. **DRESS CODE**

Children are encouraged to wear the school uniform as outlined in the 'Parents' Information Booklet'. The uniform consists of a short-sleeved polo neck shirt, or long-sleeved rugby top, shorts, skirts or long pants, or a checked dress with collar. Only shoes suitable for school activities are to be worn and clothing such as tank-tops and halter neck tops, very short skirts and shorts are not acceptable school wear due to increased skin exposure.

### 7. **SHADED AREAS**

The school is well serviced by shaded areas provided by trees and shade structures and will continue to provide adequate sun protected areas in the school grounds. During peak sun protection times, children will play only in the shaded areas or supervised indoor areas in the school and be actively encouraged to seek available areas of shade when outdoors.

### 8. **STAFF**

**School staff will:**

- source the UV Alert daily or request children to do so, to educate and inform the difference between temperature and UV and be guided daily by the reading. See the SunSmart widget on the school website or [www.bom.gov.au/weather/sa/uv/](http://www.bom.gov.au/weather/sa/uv/)
- will act as positive role models and practise sun-safe procedures
- wear protective hats and appropriate clothing for all outdoor activities during September to April
- use SPF 30 or above broad spectrum, water resistant sunscreen
- seek shaded areas whenever the UV levels are 3 and above and wherever possible when planning outdoor activities for the children
- promote and regularly reinforce sun safe behaviours to the whole school community (e.g. via newsletters, assemblies, bulletin boards, parent and staff meetings).

**9. PARENTS**

All parents will be made aware of this policy and the reasons for its implementation.  
On enrolling a student new parents will:

- be informed of the sun-protection policy
- be encouraged to provide a suitable SPF 30 or above broad spectrum, water resistant sunscreen for their child's use
- be encouraged to practise skin protection behaviour themselves.

This policy will be reviewed regularly (at least every three years) to ensure that the information remains current and relevant.

Approved by Governing Council                      Date .....

Principal .....

Term 4, 2015

Chairperson .....

For review: Term 4, 2018