



## Sun Protection Policy

### RATIONALE

Australia has one of the highest incidences of skin cancer in the world, with at least 2 in 3 Australians diagnosed with skin cancer within their lifetime. Melanoma is the most common cancer in Australians aged 12-24, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk. As children are at school during the high risk periods of the day for five days each week, the school has the potential to significantly reduce the level of sun exposure sustained by children and staff.

UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat. UV levels are determined by the angle of the earth to the sun, and are therefore unrelated to temperature. Damage from UV radiation from the sun is cumulative and irreversible.

Consistent with the Department for Education requirements and SunSmart guidelines, sun protection measures are in place from 1 August to 30 April, and whenever the UV is 3 and above at other times. Staff will access the daily sun protection times via the SunSmart widget on the school's website, SunSmart app, or at [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au/weather/sa/uv/](http://www.bom.gov.au/weather/sa/uv/) to assist with implementing this policy.

### DEFINED GOALS

This policy's aims are:

- (a) To increase student and community awareness of skin protection and sun exposure.
- (b) To assist students to be responsible for their own sun protection.
- (c) To maintain a safe school environment that provides shade for students and staff.
- (d) To encourage students, parents, teachers and staff to use a combination of sun protection measures when outdoors whenever the UV is 3 and above, e.g. recess and lunch times, sports, excursions and camps.
- (e) 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.
- (f) This policy applies on and off site.

### IMPLEMENTATION

#### 1. CURRICULUM

Sun protection and skin cancer prevention programs will be incorporated into Health, Physical Education, or Science areas of the curriculum for a least every second year.

#### 2. OUTDOOR ACTIVITIES

From 1 August to 30 April all outdoor activities, such as Physical Education lessons or outdoor classes will be scheduled outside of the peak UV times during the school day, wherever possible. Where possible, activities will be held in shaded areas.

From May to July 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 at or above 3, SPF 30 and above broad spectrum, water resistant sunscreen (not zinc cream) will be applied 20 minutes prior to going outside. Sunscreen is recommended to be applied every two hours when remaining outside for prolonged periods to maintain optimal protection. People often do not apply enough sunscreen which is one reason it should be applied every two hours (including 4 hour water resistant). Sunscreen can also be easily wiped or washed off, therefore it is important to reapply frequently. SPF 30 or higher broad spectrum, water resistant sunscreen is supplied by the school for students and staff use.

### 4. HATS

It is a requirement that all children will wear a sun safe hat when outdoors from 1 August to 30 April, and when the UV is at 3 at other times. In these months a 'no-hat', play in the shade policy exists for all students to promote physical activity.

**Keyneton Primary broad-brimmed or the new approved bucket style hats must be worn. Children who are not wearing a suitable SunSmart hat will be asked to remain in an area protected from the sun.**

During May, June and July to help maintain winter vitamin D levels, sun protection measures are not used when the UV levels are below 3.

### 5. SUNGLASSES

Students are allowed to wear sunglasses for outdoor activities. (Parents should check when purchasing these that they meet the Australian Standard 1067). Novelty tinted glasses do not meet the requirements for sunglasses under the Australian standard and should not be used for sun protection.

### 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. Children not wearing sun safe clothing will be required to play in an area protected from the sun.

Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

### 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 UV 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:

- (a) As a Work Health and Safety UV risk control, act as positive role models and practise sun-safe procedures wear protective hats and appropriate clothing for all outdoor activities and use SPF 30 or above broad-spectrum, water-resistant sunscreen.
- (b) Seek shaded areas whenever the UV levels are 3 and above and wherever possible when planning outdoor activities for the children
- (c) 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

## 2. SUN PROTECTION POLICY



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

- (a) Be informed of the sun protection policy
- (b) Be encouraged to provide a suitable SPF 30 or above broad-spectrum, water-resistant sunscreen for their child's use.
- (c) 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: 23/08/2022

Principal: *Peri Simpson*

Chairperson: *Che Makris*

Term 3, 2022

Review Date: Term 3, 2025