

School Policy:	Sun Protection
Development:	2013
Updated:	2017
Renewal Date:	2021

Related Policies and Procedures:	<i>Namadgi School Uniform Policy</i> <i>Excursion Procedures</i> <i>ETD Sun Protection Policy</i> http://www.education.act.gov.au/data/assets/word_doc/0017/811412/SunUVProtectionStudentsPolicyP.docx
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Rationale

Australia has amongst the highest incidence of skin cancer in the world. Overexposure to the sun's ultraviolet radiation (UVR) during childhood *and* adolescence is known to be a major cause of skin cancer later in life including melanoma.

Namadgi School's Sun Protection policy has been developed to ensure that all students *and* staff are aware of the skin damage that can be caused by overexposure to the ultraviolet rays of the sun and provide practical measures to reduce UVR exposure as much as reasonably practicable.

Implementation

Effective sun protection practices help reduce a child's risk of skin and eye damage and ultimately skin cancer. A combination of the five sun protection behaviours are considered when planning ALL outdoor experiences when UV levels reach 3 and above.

This policy will therefore be implemented from the beginning of August through to the end of May.

Therefore the beginning of August is hats ON for all of us (Term 3 Week 4) and;

And the end of May is hats OFF day (Term 2 Week 6).

Due to low UV levels around June and July in Canberra (under 3) sun protection will not be enforced during this period. This is to assist students and staff to maintain adequate vitamin D levels during the winter period.

Staff on duty wear high visibility jackets to be easily seen in all-weather types.

Behaviour

Protective clothing

- Require that students and staff wear a broad-brimmed, bucket or legionnaire's hat whenever they are spending time outside and UV levels are 3 and above (i.e. August to May) .
- Require students to wear the school uniform based on sun protective clothing (collar and longer sleeves, longer shorts and hats). Encourage that rash vests or at least t-shirts are worn during outdoor events such as swimming carnivals.
- Staff should also wear appropriate hats and clothing to minimise their Occupational UV exposure.
- Encourage children to use available areas of shade for outdoor activities.
- Encourage staff and parents to act as role models by practising Sun Protection behaviours.
- Students who do not wear an appropriate hat or clothing will be directed to play in a designated shaded area or remain inside.

- The school will encourage the wearing of sunglasses. (AS1067) A close fitting wrap-around will offer best protection.

Application of sunscreen

- Encourage students and staff to use sunscreen where appropriate (recommended SPF 30+ broad-spectrum water resistant). Sunscreen should be applied 15-20 minutes before outdoor experiences and reapplied after two hours.
- Students should be encouraged to apply sunscreen themselves.
- Parents are encouraged to supply 30+ broad spectrum and water repellent sunscreen as part of their child's school equipment.
- If a child is allergic to sunscreen, parents/carers must notify the school about this on the medical form completed at the beginning of each school year. Parents/carers have the option of providing a hypoallergenic sunscreen for their children.
- Schools are encouraged to make sunscreen available for situations where students have not provided it, where they have forgotten it and at outdoor events.
- Staff should exercise judgement as to whether some students, for example, young children, should be supervised when applying sunscreen.
- Encourage staff to access the Daily Sun Smart UV Alert to assist them with sun protection times.

Curriculum

- Incorporate programs on skin cancer prevention and awareness into the curriculum of all grade levels.
- Regularly reinforce Sun Protection behaviour in a positive way through newsletters, parent meetings, assemblies, posters, website and all outdoor school activities etc.
- Ensure that the Sun Protection policy is reflected in the planning of outdoor events (camps, excursions, sporting events etc.)

Environment

- Where possible, minimise outdoor activities between 11:00am and 2:45pm during daylight savings/summer time (Term 1 and Term 4).
- Where possible organise outdoor activities to be held in areas with ample shade.
- Ensure that parents and students are reminded of sun protection measures in permission notes for excursions and sporting events.
- Maintain and take opportunities to improve shade areas in the school.
- Avoid planning all-day activities and events during the daylight saving/summer period.
- The school and staff are aware of their OH&S responsibilities and duties of care. Occupational UV Exposure is a serious OH&S hazard for workers who spend time outdoors.

Our school's Sun Protection behaviour and plan will be positively promoted to all staff, families and students throughout the year.

[Sun protection - Cancer Council Australia](#)

Approved by the Namadgi School Board.