



ASCOT PARK PRIMARY SCHOOL

SUNSMART POLICY

This policy applies to all school events on and off-site.

RATIONALE

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels.

Vitamin D is essential for healthy bones and muscles, and for general health.

OBJECTIVES

This SunSmart Policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- ensure all students and staff have some UV exposure for vitamin D
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's SunSmart policy. Staff are encouraged to access the SunSmart UV Alert at www.cancersa.org.au/sunsmart to find out daily local sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities from 1 September to 30 April and whenever UV levels reach 3 and above at other times.

1. CLOTHING

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer-style dresses and shorts and rash vests or t-shirts for outdoor swimming.

2. HATS

All students and staff are encouraged to wear hats that protect their face, neck and ears e.g. legionnaire, broadbrimmed or bucket hats, whenever they are outside.

Baseball or peak caps are not acceptable.



3. SUNSCREEN

- Students can provide their own SPF 30 or higher broad spectrum, water resistant sunscreen **and** the school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if outdoors for an extended period.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

4. SHADE

- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

5. SUNGLASSES

Students and staff are encouraged to wear close-fitting, wraparound sunglasses that meet the Australian Standard 1067:2003 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

STAFF WHS AND ROLE MODELLING

As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen • seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

POLICY REVIEW

The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least every three years) and revise the policy when required.