



POLICY TITLE: SunSmart Policy
PUBLISHED: December 2013 approved by school board
REVIEW DATE: October 2016

1. Purpose

- 1.1 Australia has the highest incidence of skin cancer in the world. Over-exposure to the sun's ultraviolet radiation (UVR) during childhood, adolescence and adulthood is known to be a major cause of skin cancer.

The Red Hill School SunSmart policy has been developed to ensure that all students and staff attending our school are protected as much as reasonably practicable from skin damage caused by the harmful ultraviolet rays of the sun. It is implemented from the beginning of August to the end of May.

Due to low UV levels experienced in Canberra around the June and July period, sun protection behaviour will not be enforced.

2. Aims

- 2.1 This policy aims to ensure that Red Hill School effectively implements behavioural, environmental and organisational strategies that protect children attending the school from the harmful effects of the sun.

The policy aims to promote among children, staff and parents:

- Awareness of the need for sun protection and appropriate personal, environmental and organisational sun protection policies.
- Positive attitudes towards skin protection.
- Responsible decision making about skin protection.

3. Implementation

3.1 Implementation

- This policy is to be implemented from the beginning of August to the end of May with particular care between 10am and 3pm during the daylight saving period.
- Most Australians receive the bulk of their vitamin D supply from exposure to small amounts of ultraviolet (UV) radiation in sunlight. Due to low levels of ultraviolet radiation in Canberra during the winter months, the Cancer Council ACT does not recommend sun protection in June and July. This is to reduce the risk of vitamin D deficiency in the ACT region.

3.2 Scheduling of activities

- Whenever possible, outdoor activities will be scheduled before 10:00am and after 2:00pm (normal time) and 11:00am and 3:00pm (daylight saving time) to avoid the danger period for UV radiation.
- Wherever possible, outdoor activities held between 10:00am and 2:00pm (11:00am and 3:00pm daylight saving time) will be held in shaded areas.

3.3 Shade

- Staff and students are encouraged to use available shade whenever outdoors.
- The school community will work to ensure that there are shelters and trees providing adequate shade in the school grounds, including the provision of shade cloth over fixed equipment and provision of shade trees.

3.4 Clothing

Students and staff are encouraged to wear clothing that protects the skin.

- Students and staff will be required to wear a broad-brimmed hat, legionnaire style hat, or bucket hat that provides sun protection for the face, neck and ears, whenever they are involved in outdoor activities. Students not wearing an appropriate hat will be expected to play in the shade.
- Students and staff are encouraged to wear shirts with collars and at least elbow length sleeves and longer style shorts and skirts.
- Parents will be advised on enrolment of the requirement to dress students in appropriate sun-protective clothing.
- Students will be encouraged to wear a rash vest top, or at least a t-shirt when participating in outdoor swimming carnivals and events.

3.5 Sunscreen

- Parents will be encouraged to supply broad spectrum hypoallergenic sunscreen (of at least SPF 30+), water resistant for their children.
- Staff and students will be encouraged to use sunscreen for activities and excursions organised by the school.
- The school will provide a supply of spare sunscreen.
- The school will notify all parents/carers about the use of sunscreen at the school on enrolment and annually.

3.6 Sunglasses

- Students will be encouraged to wear “wrap around” sunglasses with an EPF of 10, complying with the Australian Standard AS1067:1998, when appropriate. Teachers are encouraged to wear sunglasses when on playground duty.

3.7 Education

- Reinforcing the SunSmart (inc Vitamin D) messages is an important strategy in the adoption of skin protection behaviours. The five SunSmart messages are:
 - ..1 Slip on sun protective clothing
 - ..2 Slop on SPF30+ broad spectrum sunscreen
 - ..3 Slap on a hat
 - ..4 Seek shade
 - ..5 Slide on some sunnies
- Staff will be encouraged to role model appropriate SunSmart strategies.
- Staff will be encouraged to keep up to date with new information and resources through contact with the education service at the Cancer Council ACT.
- Skin cancer prevention will be included in appropriate units of inquiry.
- Parents will be encouraged to role model appropriate SunSmart strategies when attending the school.
- The school will promote the SunSmart message to parents and carers.

4. Work Health and Safety

The school and all its workers are aware of their WH&S responsibilities and duty of care when it comes to occupational UV exposure, including the importance of effective sun protection behaviour and early detection.

5. Review

As a member of the National SunSmart schools program since 2013, this policy will be reviewed every three years by Cancer council ACT. It will be updated where necessary to maintain high national SunSmart standards.