



Bruny Island District School

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Rationale

This Policy has been developed to ensure all staff and children attending this school are protected from potential skin damage caused by the sun's ultraviolet (UV) rays.

Over exposure to ultraviolet radiation (UV) in the first 18 years of life contributes significantly to the lifetime risk of skin cancer. Australia has the highest rate of skin cancer in the world. Schools can play a significant role toward reducing the life time risk of skin cancer. It is important to educate children about Sunsmart behaviour to reduce their risk of skin cancer in later life.

Sun protection is required when UV levels are 3 and above. In Tasmania, the UV is 3 and above from September to April. Therefore, schools need to implement sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UVR risks.

Objectives

The goals of the SunSmart Policy are to:

- Increase student and community awareness about skin cancer and sun protection
- Encourage the entire school community to use a combination of sun protection measures **whenever UV Index levels reach 3 and above**
- Provide a safe school environment that has adequate shade for students, staff and the school community
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's SunSmart policy
- Support duty of care and regulatory requirements; and
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

Our sun protection strategies

All children and staff use a combination of sun protection measures whenever the UV Index reaches 3 and above to ensure they are well protected. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak. The Staff is encouraged to check the sun protection times on a daily basis at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, www.myuv.com or on the free SunSmart app.

From September to April in Tasmania

1. Slip on sun-protective clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses, shorts and rash vests or T-shirts for outdoor swimming. Clothing exposing large amounts of shoulder and upper torso (singlets, tank tops and strappy dresses) are not considered suitable.

2. Slop on SPF 30+ Sunscreen

- SPF 30+ (or higher) broad spectrum, water resistant sunscreen is available for staff and children's use.

- Students are encouraged to provide their own broad-spectrum, water-resistant SPF 30 or higher sunscreen.
- Sunscreen is applied 20 minutes before going outdoors and reapplied every two hours if outside for long periods (more often if swimming or sweating heavily).
- Students are encouraged to provide their own broad-spectrum, water-resistant SPF 30 or higher sunscreen.
- Sunscreen is also available and accessible for use at the school in places such as classrooms and around the school yard.
- Sunscreen should be stored in a cool, dry place and the expiry date monitored.
- Strategies are in place to remind students to apply sunscreen before going outdoors.
- Students and staff are encouraged to apply sunscreen before coming to school.

3. Slap on a hat

- Children and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. (Please note: Baseball caps do not offer enough protection and are therefore not recommended.)

4. Seek shade

- The school makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas. A shade audit is conducted regularly to determine the current availability and quality of shade.
- In consultation with the school, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade.

5. Slide on some sunglasses

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

Outdoor events

Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues. Parents and Carers are reminded of our sunsafe policy before attending sporting or outside events.

Role Modelling

When the UV is 3 and above, staff act as role models by: - wearing sun protective hats, clothing and sunglasses when outside - applying SPF 30+ (or higher) broad spectrum, water resistant sunscreen - seeking shade whenever possible. Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities. SunSmart policy updates and requirements will be made available to staff, families and visitors.

Curriculum

Programs on skin cancer prevention are included in the curriculum for all grade levels. SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school

homepage, parent meetings, staff meetings, school assemblies, Facebook and student and teacher activities and on student enrolment.

Review

The school's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.

Relevant documents/links

Department of Education: Sun Protection Policy (Doc ID: TASED-4-5152)

Tasmanian Catholic Education Commission: Workplace Health and Safety Policy

Work Health and Safety Act 2012 Tasmania

<https://www.education.tas.gov.au/documentcentre/Documents/Sun-Protection-Policy.pdf>

<http://www.cancertas.org.au/prevent-cancer/sunsmart/>

<http://www.cancertas.org.au/vitamin-d/>

<http://www.generationsunsmart.com.au/>

<http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>

<http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>

This Policy relates to the following Legislation and Standard:

[*Work Health and Safety Act*](#)

Date: 11 June 2021

Review date: 11 June 2024

This information is based on current evidence available at time of review. Last updated: January 2021

For more information:

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