

SunSmart Policy for Waimea Heights primary School



Rationale

With Australia receiving some of the world's highest UV levels and resultant high levels of skin cancer it is important that schools take an active role in promoting a lifestyle that reduces the risk of skin cancer while still allowing for participating in outdoor activities. Cancer Council Tasmania recommends that from September to April students and staff use a combination of sun protection measures to protect people from ultraviolet (UV) radiation and the risk of skin damage. Special sun protection measures are not needed during the period May to August unless in alpine areas or near highly reflective surfaces as UV levels are consistently below 3.

Purpose

- To educate students and staff about damage to the skin and eyes from exposure to UV.
- To promote methods of preventing skin and eye damage from UV.
- To create a safe and healthy attitude to outdoor activities.
- Ensure the outdoor environment provides shade for staff and students;
- Support duty of care and regulatory requirements; and
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

Guidelines

From September to April, when peak UV levels reach 3 and above.

- All students and staff are required to wear sun-safe hats that protect the face, neck and ears when outside. The wearing of approved hats will be compulsory during all outdoor activity in. Approved hats include broad brimmed, bucket and legionnaire hats, caps do not provide enough protection and are not approved.
- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming. Clothing exposing large amounts of shoulder and upper torso eg. singlets, tank tops and strappy dresses are not considered suitable.
- Students without approved school hats and clothing will stay in a designated area which is protected from the sun.



- To cater for the individual needs of the children, families are required to provide broad spectrum SPF (sun protection factor) 30+ or higher. Sunscreen is also available and accessible for use at the school in places such as classrooms and around the school yard.
- Sunscreen to be applied 20 minutes before going outdoors. Sunscreen needs to be reapplied every 2 hours, more frequently if swimming or heavily sweating.
- 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
- The use of existing shade areas within the school grounds will be encouraged.
- The care of shade trees will be promoted along with the monitoring of planting in relation to predicted future needs.
- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas.
- Availability of shade is considered when planning excursions and all outdoor activities.
- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067 (Category 2, 3 or 4) are encouraged but optional.

Staff WHS, role modelling and education

- Staff and parents are required to act as role models by practising SunSmart behaviours, wearing appropriate hats, clothing sunscreen and seeking shade.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.
- Skin cancer prevention and sun smart education will be incorporated in the curriculum for all classes.
- SunSmart behaviour will be encouraged regularly through newsletters, parent meetings, teacher and student activities.

Evaluation

The SunSmart Policy will be reviewed at three year intervals to ascertain its effectiveness in helping to protect the students and staff from exposure to UV through promotion of sun-safe behaviour.