

# Elliston Area School Sunsmart Policy



## 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 childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation 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 radiation 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 daily sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities and school events on and off-site during Terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times.

## Clothing

Sun protective clothing is included in the school uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars, long sleeve hoodies, shorts and long pants. Rash vests or t-shirts or wetsuits are worn for outdoor swimming / surfing / aquatics / beach activities.

## Sunscreen

- The school provides 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 (where

possible) and reapplied every two hours if outdoors for an extended period.

- Strategies are in place to remind students to apply sunscreen before going outdoors and reapply as required.

## Hats

Elliston Area School believes our students will gain protection from harmful UV rays by:-

- Wearing hats which protect the face, neck and ears, whenever they are outside for play at Recess and Lunch times, sport, outdoor excursions and learning activities. Hats will not be worn inside.
- Wearing broad-brimmed without toggles or school bucket hats. Baseball caps are not part of the school uniform and are not to be worn at school unless otherwise specified by the Principal in conjunction with special school community events - eg SRC casual clothes days. Plain navy beanies may be worn in Terms 2 and 3.
- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun – “No hat, No play”
- Staff acting as role models when outdoors and on yard duty by wearing appropriate broad brimmed hats.
- Ensuring hats are worn at all times and sunscreen applied during aquatics, surf and beach related activities.

This Hat Policy will be in action for Terms 1, 3 and 4.

## Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school governing council 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 areas, canteen and outdoor lesson areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible.
- Students are encouraged to use available areas of shade when outside.

## Inclement Weather

On days when the Inclement Weather policy is enacted, students will be indoors during play times. Planned outdoor PE and sporting activities will be relocated indoors or rescheduled.

## Sunglasses [optional]

Students and staff are encouraged to wear close fitting wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2003 (Sunglasses: lens 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.

## Curriculum

- Ensure sun protection lessons are part of the everyday learning program
- Programs on skin cancer prevention, sun protection and vitamin D are included in the curriculum where appropriate.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

## Policy review

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

## Relevant resources

- **Sun protection times:** The sun protection times show when the UV is forecast to be 3 and above. They are available as a free online SunSmart app for your mobile phone or as a free widget to place on your website via [www.cancersa.org.au/sunsmart-apps](http://www.cancersa.org.au/sunsmart-apps), in the weather section of the newspaper or visit the Bureau of Meteorology website via [www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv).
- [www.sunsmart.com.au/shade-audit](http://www.sunsmart.com.au/shade-audit).
- [www.generationsunsmart.com.au](http://www.generationsunsmart.com.au).