

# SunSmart Policy



## Compton Primary School

### 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 ten years of life 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 whole 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 whole community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.

***The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever the UV levels reach 3 and above, with the exception of hats to be worn all year. A combination of skin protection measures are considered when planning outdoor events e.g. camps, excursions, sporting activities and swimming carnivals.***

### 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 & long length sleeves, longer style dresses and shorts.
- Rash vests and/or T shirts are to be worn for outdoor swimming.

### SUNSCREEN

- Families and Staff are asked to supply their own sunscreen (SPF 50 or higher broad spectrum, water resistant sunscreen)
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every 2 hours if outdoors for an extended period.
- Strategies are in place to remind students to apply sunscreen before going outdoors. (Reminder notices and posters in classrooms)
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

### HATS

- All students and staff are required to wear hats all year that protect their face, neck and ears (broad brimmed, legionnaire or bucket hats).
- Broad brimmed (at least 6cm for students and 7.5cm for adults), legionnaire or bucket style hats)
- Bucket hats must have a deep crown and crown

and at least 5cm brim for students and 6cm for adults) are recommended.

- Baseball or peak caps are not acceptable.

### SHADE

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council ensures there is a sufficient number of shelters, portable shade structures and trees providing shade in the school grounds, particularly in areas where students congregate e.g. outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be held during term 2 or earlier in the day where practical.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate clothing or hats are asked to play in the shade or a suitable area protected from the sun.

### SUNGLASSES (Optional)

Where practical, students are encouraged to wear close fitting wraparound sunglasses that provide the best protection against ocular UV damage. Sunglasses should meet Australian Standard AS/NZS 1067 (Sunglasses: lens category 2, 3 or 4).

### 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 50 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.
- Staff are encouraged to access the daily local sun protection times on the SunSmart app or <http://www.myuv.com.au/>, to assist with implementing this policy.

### CURRICULUM

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart behavior is regularly reinforced and promoted to the whole school community through the newsletters, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

### POLICY REVIEW

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

**Next Review:** Dec 2028