



Sunsmart Guidelines

This policy applies to all school events on and off-site.

Rationale

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

Purpose

This SunSmart policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. Daily UV levels will be monitored using the free SunSmart Global UV app, myuv.com.au or the Bureau of Meteorology website.

Implementation

- The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 and whenever the UV reaches 3 or above at other times.
- Care is taken during the peak UV radiation times (when UV is at its highest), and outdoor activities are scheduled outside of these times, where possible or in the shade.
- A combination of sun protection measures are considered when planning outdoor activities such as camps, excursions, sporting activities and water-based activities
- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.

Slap on a sun protective hat and clothing

- All students and staff wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative.
- All students are to wear sun protective clothing in accordance with the Uniform Guidelines; tops and dresses with collars and covered shoulders, longer style shorts, skorts, dresses and skirts. A rash top or t-shirt is recommended for water-based activities and sun protective clothing is recommended for days when wearing the school uniform is not required.
- Students not wearing their hat or sun protective clothing will be required to play in the shade.

Slop on sunscreen

- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use.
- Sunscreen is applied in accordance with the manufacturer's directions (applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply sunscreen before going outdoors

Learning

- Programs on sun protection are included in the curriculum for all year levels.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, student and teacher activities especially PE (Physical Education).
- Families are informed of the SunSmart guidelines at enrolment.

WHS

- As part of WHS UV risk controls and role-modelling, staff, families and visitors are asked to:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.

These guidelines will be reviewed at a minumum every three years.

Date last reviewed: March 2025