



# SunSmart Policy Summary

The school acknowledges that over-exposure to UV (ultraviolet) rays from the sun causes sunburn, skin damage and increases the risk of skin cancer. **Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.** However, some skin exposure to the sun’s UV rays is needed for the production of vitamin D, vital for maintenance of healthy bones, teeth and general good health.

Being SunSmart is a whole-of-year approach. It means using sun protection when the UV is 3 and above (usually mid-September to mid-April), and safe sun exposure for vitamin D (usually mid-April to mid-September)

**We aim to check the daily UV Alert <http://www.bom.gov.au/uv/iphoneapp.shtml>**

- **Clothing** Sun-safe clothing is part of our school and sports uniform (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.
- **Shade.** Students are encouraged to use areas of shade for outdoor activities. Where possible we schedule outdoor activities outside peak UV times of 10 – 2pm (11-3pm daylight saving time)
- **Hats** Students are requested to wear broad brimmed sun-safe hats that protect the face, neck and ears when outside. **Students without a sun-safe hat or clothing shall remain in shaded areas.**
- **Sunscreen** - The use of SPF 30+ (or greater), broad-spectrum, water resistant sunscreen is encouraged and where possible is available for use. Sunscreen shall be applied 20 minutes before going outdoors and if outdoors for extended periods is reapplied every 2 hours.
- **Sunglasses** - Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged but optional.
- **Advice for darker skinned children** Students with naturally very dark skin (skin types 5 and 6 – see Fitzpatrick Skin Type Chart) may need 4-6 times as much sun for vitamin D production and do not need long-sleeved tops or sunscreen, unless outdoors for extended periods. However, they should still wear hats or sunglasses to protect their eyes when UV is 3 or above.
- **To help maintain adequate vitamin D levels** sun protection shall not be used when average peak UV levels are below 3 (usually from mid-April to mid-September) unless in alpine regions, near highly reflective surfaces such as water and snow or outdoors for extended periods.
- **Staff OHS, role modelling and Curriculum.** When UV is 3 and above staff shall role model sun protection behaviours when outside as outlined above. Families and visitors are encouraged do the same when participating in and attending outdoor school activities. Our Sunsmart Policy is reflected in planning of all outdoor activities.
- **Informing the school community** SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, meetings, assemblies and upon enrolment
- **Review** Our sun protection policy shall be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.

POLICY AUTHORISATION			
<i>Principal</i>	Rod Linhart	<i>Signature</i>	

*This is a summary of the schools full Sun Protection Policy which can be sourced from the school office.*