

SunSmart policy for Mount Compass Area School

Please note: To comply with SunSmart guidelines, ensure your policy states sun protection is used during Terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times.

Mount Compass Area School's SUNSMART policy

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

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 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 SunSmart UV Alert at www.bom.gov.au/sa/uv or SunSmart app, or via the

school website and school Intranet, to find out daily local sun protection times to assist with the implementation of this policy.

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

Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible. Sports days and other outdoor events to be held during Term 2 or earlier in the day where practical.

1. 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 length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

2. Sunscreen

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. This is included on the school's booklist each year and/ or the school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students' use.
- Sunscreen is applied at least twenty minutes before going outdoors (where possible) and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors and reapply as required e.g. reminder notices, sunscreen monitors, sunscreen buddies.

3. Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable.

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.
- In consultation with the school governing council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

5. 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 radiation level 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

- 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, school homepage, parent meetings, 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 SunSmart policy (at least every three years) and revise the policy when required.

Date of next policy review: June 2022

Relevant resources – available from www.sunsmart.org.au

- **SunSmart UV Alert:** shows you when the UV is forecast to be 3 or above and when skin protection is required. It is available on the free SunSmart app (www.cancersa.org.au/sunsmart-apps), online (www.bom.gov.au/sa/uv), in the weather section of some newspapers or as a free widget to place on your website (www.cancersa.org.au/sunsmart-apps).
- **Creating effective shade:** online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade (www.sunsmart.com.au/uv-sun-protection/seek-shade).
- **Real Stories:** educational resource for Year 7-10 students including a series of videos and lessons examining the issues related to young people and skin cancer (www.cancer.org.au/preventing-cancer/sun-protection/sunsmartschools/real-stories-secondary-schoolresource.html).
- **Generation SunSmart:** Fun and interactive online sun protection modules for teachers, school nurses and Year 6–9 students. Visit www.generationsunsmart.com.au.