

## SUN PROTECTION PROCEDURE

Many of us are aware of the damage overexposure from ultraviolet (UV) radiation causes. Research shows that at least 2 out of 3 Australians are diagnosed with skin cancer by the age of 70, and melanoma is the most common cancer in Australians aged 12-24. 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 10 years of life is a major factor in determining future skin cancer risk.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when the UV is 3 and above does not put people at risk of Vitamin D deficiency.

Staff are encouraged to access the SunSmart UV Alert at [www.cancersa.org.au/sunsmart](http://www.cancersa.org.au/sunsmart) to find out daily local sun protection times to assist with the implementation of this policy.

Therefore at Stirling North Primary School we aim to promote:-

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin damage.
- Personal responsibility for, and decision making about, skin protection.
- An awareness of the importance of environmental conditions in our school with the aim of reducing the level of UV exposure to children and staff especially when UV level is 3 and above.

### **Implementation**

- Stirling North Primary School will include sun protection issues in any future strategic plans and plans for environmental changes.
- Stirling North Primary School will include sun protection procedures in any induction course for a new employee as DfE requires its employees to follow its UV Radiation/Sun Protection Policy procedures.
- Sun Protection Policy will be a part of the enrolment pack for parents and children.
- Appropriate sun protection behaviour will be modelled by teachers to reinforce the policy such as: wearing a school approved hat when in the yard; wearing SunSmart clothing so that shoulders are covered; shorts are to be mid-thigh in length and putting on sunscreen at least 20 minutes before going out and to reapply every 2 hours if they will be out for an extended period.
- Parents involved in school activities will be strongly encouraged to model appropriate sun protection behaviour.
- This policy will take effect whenever UV levels reach 3 or above.

- Daily UV levels will be announced in the Student Bulletin. Staff can access a SunSmart widget on Sentral to check daily UV levels.

### ***Planning the day***

- Students to be encouraged to apply SPF 30 or higher broad spectrum, water resistant sunscreen 20 minutes before stepping out in the sun and to reapply every two hours when out for an extended period
- All students & staff to be sun protected during outdoor activities, physical education and sport classes. Those children not wearing a wide brimmed hat will be sent to a designated shade area. Notes will be sent home to inform parents of this if on more than one occasion.
- Staff will maximise the use of indoor and shaded facilities and where possible, plan for lessons outside the high risk UV times. UV levels will still be monitored outside of these times as well.
- Leadership are to monitor the UV levels on [www.cancersa.org.au/sunsmart](http://www.cancersa.org.au/sunsmart) as this will provide the most accurate times when sun protection is needed.
- **All** students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not considered suitable.
- Sun protective clothing is included in our school uniform / dress code and sports uniform. School 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. Rash vests or t-shirts are to be worn at all times during outdoor swimming and aquatics events. These items should be listed on the parent's permission form.
- Students are required to participate in activities out of the sun if they are not appropriately protected.
- On days of extreme weather conditions or when UV level and heat is extreme, Stirling North Primary School adverse weather policy will be applied at the discretion of the leadership team.

### ***Personal Protection***

- A 'no hat, no play' policy operates in the school during play times when UV level is 3 and above. Any student not wearing a school approved hat will be sent by the yard duty teacher to a designated shade area. Communication to parents will occur if this is a regular occurrence.
- We encourage students and staff wear SPF 30 or higher broad spectrum, water resistant sunscreen.
- Students and staff are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible when practical.

- Stirling North Primary School recommends the wearing of clothing made of close-weave material with longer sleeves and collars. Tank tops, singlets, capped sleeves, etc. are not permitted to be worn at school, due to the amount of skin exposed to UVR.
- **HATS** – all students & staff are expected to wear a school approved hat at recess & lunch times & during outside activities when the UV level is 3 and above.
- Visitors to the school are also encouraged to support our Sun Protection Policy.

#### Personal responsibility for, and decision making about, skin protection.

- This will be supported as students' knowledge and understanding of sun protection increases through curriculum studies and also through constant practising of lifestyles that help to reduce the incidence of skin damage.

#### **Environment**

- Assessments of the school grounds in relation to the availability and usage of shade will be made regularly.
- The facilities/grounds committee will develop long term shade strategies for the school grounds, including tree planting as determined appropriate.

#### ***How can you protect yourself from UV radiation?***

- Avoid going outdoors during peak UV radiation times. This practice can dramatically reduce your UVR exposure.
- When outdoors, choose shaded areas where you cannot directly see the sun or the open sky. UV can reflect from cement, buildings, water, etc.
- Wear well designed SunSmart clothing.
- Wear a hat which shades the face, ears and back of the neck.
- Wear wraparound sunglasses when outdoors.
- Apply SPF 30+ broad spectrum, water resistant sunscreen to the face and all areas of the body that are not covered by clothing. Reapply ample sunscreen every two hours and after swimming or activities that cause heavy perspiration, as sunscreens can wear off. Sunscreen should not be used to extend the time you spend in the sun.

Updated: 17/05/2021

Ratified by Governing Council on: 17/05/2021

Review in 2023