



Underdale High School Sunsmart Policy 2017

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 from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Underlying Principles:

- 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.cancersa.org.au/sunsmart 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 from 1 September to 30 April and whenever UV levels reach 3 and above at other times.

Sun Protection Strategies:

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 vests 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 student's use.
- Sunscreen is applied at least twenty minutes before going outdoors (where possible) and reapplied every two hours if outdoors for an extended period.
- 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.
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

3. Sunglasses (Optional)

Students and staff are encouraged to wear close-fitting, wraparound sunglasses that meet the Australian Standard 1067:2003 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

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 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:

Relevant Resources – Available from:

www.cancersa.org.au/sunsmart

- 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/sunsmartapps), 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.cancersa.org.au/sunsmart).
- Generation SunSmart: Fun and interactive online sun protection modules for teachers, school nurses and year 6–9 students. Visit www.generationsunsmart.com.au.