



# UNDERDALE HIGH SCHOOL – SUNSMART POLICY

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

<b>DECD Policy</b>	<i>15/04560 Inclement Weather and Sun Protection</i>
<b>Leader Responsible</b>	Senior Leader – Student Wellbeing and Engagement Leader
<b>Status</b>	Approved, endorsed by Governing Council
<b>Publish Date</b>	December 2017
<b>Review Date</b>	December 2020

## 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

The aims of the SunSmart Policy are to:

- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above which lower the risk of skin damage and cancer
- 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.

The Underdale High School web page has up to date UV alerts and all staff and students are encouraged to find out daily local sun protection times to assist with the implementation of this Policy. This Policy works in conjunction with the UHS Inclement Weather Policy.

The school uses a combination of sun protection measures for all outdoor activities from 1 July to 30 April and whenever UV levels reach 3 and above at other times.

## Sun Protection Strategies

### 1. Clothing

Sun protective clothing is expected to be worn when outside and is included in the school uniform / dress code and sports uniform. It includes:

- Clothing which is cool, loose fitting and made of closely woven fabric
- Shirts with collars and elbow length sleeves, longer-style dresses and shorts
- Legionnaire, broad brimmed or bucket hats
- Rash vests or T-shirts for outdoor swimming.

### 2. Sunscreen

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen  
**AND**
- 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. UV Alerts and sunscreen monitors.

### 3. Shade

- The availability of shade is considered when planning excursions and all other outdoor activities
- Students are encouraged to use available areas of shade when outside
- A shade audit is conducted regularly to determine the current availability and quality of shade
- Shade provision is considered in plans for future buildings and grounds
- School timetable is reviewed to minimise time spent in direct sun.

### 4. Sunglasses (Optional)

Students and staff are encouraged to wear sunglasses that are:

- Close-fitting, wraparound that meet the Australian Standard 1067:2003 (Sunglasses: Category 2, 3 or 4)
- Covering as much of the eye area as possible.

### 5. 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 twenty minutes before going outdoors and reapplying every two hours 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, to enhance knowledge and capacity about sun protection and UV.
- 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 Governing Council and staff regularly monitor and review the effectiveness of the SunSmart Policy (at least every three years) and revise the Policy when required.

## Relevant Resources – Available from:

- **Cancer Council:** How should I protect my skin at: (<https://www.cancersa.org.au/information/a-z-index/how-should-i-protect-my-skin>) and <https://www.cancersa.org.au/cut-my-risk/sunsmart>
- **Bureau of Meteorology:** (<http://www.bom.gov.au/sa/uv>)
- **SunSmart UV Alert:** shows you when the UV is forecast to be 3 or above and when skin protection is required. It is available in the weather section of some newspapers, on the free SunSmart app and as a free widget to place on your website (<https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>)
- **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 (<http://www.sunsmart.com.au/protect-your-skin/seek-shade>)
- **Educational resources for secondary schools:** (<https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/teaching-resources-for-secondary-schools> and <http://www.sunsmart.com.au/communities/secondary-schools-program/secondary-schools-resources>).
- **Generation SunSmart:** Fun and interactive online sun protection modules for teachers, school nurses and year 6–9 students (<http://www.generationsunsmart.com.au/>).