

SUN PROTECTION POLICY

PUNCHBOWL PRIMARY SCHOOL

Sun Protection Policy

This Policy relates to the Department of Education Tasmania: **Sun Protection Policy:**

Rationale

Over-exposure to UV (ultraviolet) rays causes sunburn, skin damage and increased 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 (mid-September to mid-April), and safe sun exposure for vitamin D (mid-April to mid-September).

Objectives

- Educate staff and children on appropriate sun protection measures.
- Ensure children and staff maintain a healthy UV balance all year round. Encourage sun protection when UV Index levels reach 3 and above and safe sun exposure for vitamin D.

Strategies

- Staff and students are encouraged to access the daily local UV level and sun protection times at <http://www.cancertas.org.au/> or <http://www.bom.gov.au/tas/uv/> or on the free SunSmart app or widget.
- Staff and students use a combination of sun protection measures from mid-September to mid-April, when average peak UV levels in Tasmania reach 3 and above:

I. Clothing

- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts.
- **We require that students attending school swimming events where they will spend extended periods of time in the water (e.g. school picnic) wear a rash vest suitable for outdoor swimming.**
- Clothing exposing large amounts of shoulder and upper torso (singlets, tank tops and strappy dresses) are not considered suitable for free dress days or outside events at school. Students wearing such items will be required to replace with school supplied clothing.

2. Sunscreen

- The use of SPF 30+ (or greater), broad-spectrum sunscreen is mandatory at outdoor school events.
- Students are encouraged to provide their own SPF 30+ (or greater) broad-spectrum water-resistant sunscreen
- All classrooms will have SPF 30+ sunscreen available for student usage
- SPF 30+ sunscreen will be freely available at outdoor sporting events and excursions
- Teachers will actively supervise and record on a checklist children as they have been reapplied sunscreen.
- Sunscreen is applied 30 minutes before going outdoors and reapplied every 2 hours when outside for long periods and recorded as detailed above.

3. Hats

- Students are required to wear sun-safe hats that protect the face, neck and ears when outside during terms 1 & 4. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps do not offer enough protection and are not recommended.
- **Students without a sun-safe hat or clothing must remain in the shade**

4. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. The use of these areas is encouraged.
- Availability of shade is considered when planning excursions and all outdoor activities.
- During school-based carnivals, sun-safe gazebo's will be erected and students will be expected to be sitting under these whilst not participating

5. Sunglasses

- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged but optional.

6. Excursions

- Sun exposure will be identified and planned for within all risk management plans.

- For water based excursions, students will spend no more than 45 minutes at a time in the water. Teachers will complete a checklist to ensure all children are out of the water and sun screen is reapplied and after which children will spend a minimum of 30 mins in the shade.
 - Teachers will be required to model appropriate sun safe behaviour.
- **Students with naturally very dark skin** (skin types 5 and 6 – see Fitzpatrick Skin Type Chart) should wear hats to protect their eyes when UV is 3 or above (recommended sunglasses will also protect the eyes). These students may need 4-6 times as much sun for vitamin D production and with parental consent do not need sunscreen, unless outdoors for extended periods.
- **To help maintain adequate vitamin D levels sun protection will not be used from mid-April to mid-September**, when average peak UV levels are below 3 unless in alpine regions, near highly reflective surfaces such as water and snow or outdoors for extended periods.
- **Staff OHS, role modelling and education**
- When UV is 3 and above staff will role model sun protection behaviours when outside by using the combination of sun protection measures outlined above. All staff are to wear sun safe hats in terms 1 & 4.
 - Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
 - Programs on skin cancer prevention and vitamin D are included in teaching programs for all year levels.
 - SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, meetings, assemblies and upon enrolment.
- **Planning**
- Ensure SunSmart policy is reflected in the risk management planning of all outdoor events and excursions.
 - Where possible, outdoor activities will be planned away from the middle of the day during the period mid-September to mid-April (when UV levels reach 3 and above).
- **Review**
- School's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.
 - **Date: September 2017 for review September 2020**

This information is based on current evidence available at time of review. Last updated: September 2017
 For more information e: sunsmart@cancertas.org.au ph: (03) 6242 8103 w: www.cancertas.org.au.

CONTACT DETAILS

146 Punchbowl Road, PUNCHBOWL, TAS, 7250

PO Box 95, Newstead, Tas, 7250

Phone: 03 6344 1382 Fax: 03 6344 8250

Email: punchbowl.primary@education.tas.gov.au

www.education.tas.gov.au



Authorised by:	Sue Clennett
Position of authorising person:	SunSmart Officer, Cancer Control, Cancer Council of Tasmania
Date authorised:	29 th April 2015
Developed by:	Denise Hay
Date of last review:	November 2014
Date for next review:	April 2018
This document replaces:	
