Cancer Council

Step 2
Submit the Sun Protection Policy

Primary School Sun Protection Policy

To join the SunSmart Program choose to:

- Use the Cancer Council NSW Sun Protection Policy shown below.

OR

- Update your schools Sun Protection Policy to include the 10 recommendations.

Using Cancer Council NSW's Sun Protection Policy? Complete this form:

School name:_____ **Date:** _____

Rationale

Australia has the highest rate of skin cancer in the world. Skin cancer, including melanoma and non-melanoma, is the most common cancer in Australia.

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for the development of skin cancer later in life. By implementing a best-practice Sun Protection Policy, schools can help protect staff and children from UV radiation and teach children good sun protection habits from an early age to reduce their risk.

Sun protection times are a forecast for the time of day UV levels will reach 3 or above. At these levels, sun protection is recommended for all skin types and the policy areas should be implemented. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months, and highest in the middle of the day. UV levels and daily sun protection times can be accessed via the SunSmart App or Cancer Council Australia's home page to determine sun protection requirements.

Recommendations

1. Scheduling outdoor activities

- UV levels and daily sun protection times are used to plan daily activities and ensure a correct understanding of local sun protection requirements.
- When children are on excursions all sun protection practices are planned, organised, understood and available.

2. Shade

- The school community is committed to providing shade in areas where students congregate, during recess and lunch, and when teaching outdoors and playing sport.
- Students are encouraged to use available shade when outside.
- Shade assessments are conducted to monitor existing shade structures and determine future shade needs.
- The availability of shade is considered for all outdoor activities and excursions.

Shade options can include a combination of portable, natural and built shade. Cancer Council has information online to help the school advocate for more shade and assist in planning.

3. Hats

- All students are required to wear SunSmart hats* that protect their face, neck and ears when outside for play, sport and teaching.
- Children without a SunSmart hat play in the shade "No hat, play in the shade", or are provided with a spare SunSmart hat.

* SunSmart hats include:

- Broad-brimmed hats with a brim size of at least 6cm (adults 7.5cm).
- Bucket hats with a deep crown and brim size of at least 5cm (adults 6cm).
- Legionnaire style hats.

Baseball caps or visors do not provide enough sun protection and are therefore not recommended.

Email: sunsmart@nswcc.org.au **SunSmart Infoline:** 02 9334 1761
SunSmart Program Cancer Council NSW PO Box 572 Kings Cross NSW 1340

SunSmart®

4. Clothing

- SunSmart clothing* is part of the school and sports uniforms.
- Students are encouraged to wear rash vests or t-shirts for outdoor swimming.

SunSmart clothing includes wearing:

- Loose fitting shirts and dresses with sleeves and collars or covered neckline.
- Longer style skirts, shorts and trousers.

Midriff, crop or singlet tops do not provide enough sun protection and therefore are not recommended.

5. Sunscreen

- All staff and students are encouraged to apply SPF 30+ (or higher) broad spectrum water-resistant sunscreen.
- All staff and students are encouraged to apply sunscreen 20 minutes before going outdoors, and to reapply every 2 hours when outdoors for extended periods.
- Where possible, sunscreen is available for staff and students.

Cancer Council recommends usage tests before applying a new sunscreen. All sunscreen is stored in a cool, dry place and the expiry dates monitored.

6. Role modelling of staff

Staff act as role models and demonstrate SunSmart behaviours when outside, including:

- Wearing a SunSmart hat, protective clothing, and wearing sunglasses (optional).
- Applying SPF30+ broad-spectrum water-resistant sunscreen.
- Promoting the use of shade.
- Discussing sun protection with children and demonstrating a positive and proactive approach to the management of sun protection in the service.

Sun safety is everyone's responsibility. By being role models ourselves and leading the way with our own sun safety, we can inspire our students to be SunSmart when they step outside.

7. Curriculum

- Staff include sun safety principles across Key Learning Areas in all year levels.
- Students are provided with opportunities to take leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.
- Students understand why sun safety is important and learn how to take effective sun protection actions.

8. Informing the school community

- All parents/families are informed of the sun protection policy and procedures including appropriate hat, clothing and sunscreen requirements on enrolling their child.
- Sun protection information, policy updates and resources are communicated regularly through a range of channels e.g. annual reports, newsletters, notice boards, online, parent meetings, staff meetings, school assemblies and student orientation.
- Families and visitors are encouraged to role model positive SunSmart behaviours when attending the school.

Further information is available from Cancer Council NSW's website www.sunsmartnsw.com.au

9. Sunglasses (optional)

- Staff and students are encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).

10. Review

- The school community regularly monitor and review how effectively they implement their sun protection policy.

Sun protection policies must be updated and submitted to Cancer Council NSW every three years to maintain current SunSmart status.