

Primary School Sun Protection Policy

To join the SunSmart Program choose to:

- Agree to implement the Cancer Council NSW Sun Protection Policy shown below.

OR

- Ensure your school's Sun Protection Policy include the following 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

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.
- UV radiation exposure is considered as part of a school's risk management and assessment for all outdoor events and activities on and off-site.
- All sun protection practices are planned, organised, understood and available on school camps, excursions, sports days, and interschool events.

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.

Hats

- All staff and 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.

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.

Sunscreen

- All staff and students are encouraged to apply SPF30 or higher broad-spectrum, water-resistant sunscreen. Cancer Council recommends the use of SPF50 and SPF50+ sunscreen for maximum protection.
- 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.

Role modelling of staff, families, and visitors

As part of WH&S UV risk controls and role modelling, staff, families, and visitors demonstrate SunSmart behaviours when outside, including:

- Wearing a SunSmart hat, protective clothing, and wearing sunglasses (optional).
- Applying broad-spectrum, water-resistant sunscreen of SPF30 or higher. Cancer Council recommends the use of SPF50 or SPF50+ sunscreen for maximum protection.
- 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.

Curriculum

- Staff include sun safety principles across Key Learning Areas in all year levels.
- Students are provided with opportunities to promote and model sun protection measures to the whole school community, including taking 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.

Engaging the school community

- The whole school community can include school staff, carers and/or families, students, and the wider school community such as local sporting clubs.
- SunSmart behaviour and information is regularly reinforced and promoted to the whole school community via newsletters, school website, staff and parent meetings, school assemblies, student, and teacher activities and at student enrolment/new staff orientation.
- The school community, including students, are encouraged to be involved in the implementation and monitoring of the sun protection policy.
- Policy updates and requirements will be made available to staff, families, and visitors.

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

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).

Implementation and Review

- Appoint school champion(s) to drive sun protection policy implementation and engagement. Consider teachers, office staff, parents/carers and/or student leaders interested in sun safety, health, and wellbeing.
- The school champion(s) 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.

When used in its entirety, this policy ensures your school is following current evidence-informed Cancer Council sun protection guidelines and recommendations. Any changes or adjustments to the policy may mean it no longer meets these guidelines and should be submitted to Cancer Council NSW for review.

