



## SunSmart Protection and Policy



**SLIP**



**SLOP**



**SLAP**



**SEEK**



**SLIDE**

Being SunSmart is a simple and effective way of reducing your risk of developing skin cancer. Protect yourself in five ways:

- Slip on sun protective clothing
- Slop on SPF50 or SPF50+, broad-spectrum, water-resistant sunscreen
- Slap on a broad brimmed hat
- Seek shade
- Slide on sunglasses.

### Background

Skin damage, including skin cancer, is the result of cumulative exposure to ultraviolet radiation (UV) from the sun. UV damage begins to accumulate during childhood and adolescence and is associated with an increased risk of skin cancer later in life. As students and staff are at school during times of peak UV radiation, schools play a major role in providing an environment that minimises exposure and encourages long-term sun protective behaviours.

### Aim

The SunSmart Policy has been developed to ensure students, staff, and parents attending school are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

Our aim is to develop and promote sun-protective behaviours and environments:

- encourage physical activity and sun protection with messages like 'no hat, play in the shade'
- make sure sunscreen is available and accessible to everyone
- teach students how to apply sunscreen in the early years of school

- demonstrate positive role modelling of sun protection behaviour.

## **Implementation**

This policy is to be implemented when the forecast average monthly UV Index in our area is 3 or above (available from [www.bom.gov.au](http://www.bom.gov.au)). Throughout Western Australia, UV levels reach 3 or above during all school terms. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps.

Provisions will be made for students who do not have adequate sun protective clothing or hats, and these students will not be excluded from play or physical activity, though activities may be restricted to shaded areas.

## **Procedures**

### Scheduling outdoor activities

- Where possible, we schedule outdoor activities such as assemblies, outdoor lessons, sport and physical education to occur when the UV Index is below 3. When this is not possible activities are scheduled as far from 12 noon as possible to avoid peak UV times.
- When outdoor activities are scheduled at times when the UV Index is 3 or higher, maximum use is made of shade, sunscreen, hats and appropriate clothing to protect students and staff.
- We require students, staff and parent helpers to wear broad-brimmed, bucket or legionnaires style hat, sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission form.
- Senior sport in term 1 is held in the morning.
- In prolonged and extreme hot weather students will eat inside classrooms and have a short play outside in shaded areas , library, undercover area

### Shade

- We ensure there is adequate provision of shade within the school grounds for students and staff, particularly in areas in high use areas, for example, popular play areas, where children eat lunch, and outdoor lesson areas.
- We encourage staff and students to use shaded areas when outside.
- Students who do not have appropriate hats or sun protective clothing are asked to play in the shade or a suitable area protected from the sun.
- We ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Shade provision is considered in plans for future buildings, grounds and playground equipment.

### Clothing

- We require students and staff to wear a broad-brimmed, or bucket hat that protects the face, neck, ears and crown of the head whenever they are outside.
- Students without hats will remain protected from the sun and encouraged to play in shaded areas.

- Cool, loose-fitting sun protective clothing is included in the school uniform / dress code. It includes shirts with collars and elbow length sleeves, and longer dresses and shorts.
- Staff and students are encouraged to wear a rash vest or similar top for swimming/water activities (may not be appropriate for short periods of competitive swimming).
- Where practical, students are permitted to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4).

### Sunscreen

- Sunscreen is available and accessible to staff and students in classrooms and around the school grounds e.g. at the school office, library, undercover area.
- Apply SPF50 or higher broad-spectrum water-resistant sunscreen before going outdoors e.g. prior to school, before lunch, PE lessons, sports, excursions etc.
- Students are reminded to apply sunscreen every two hours or more frequently if it is washed or wiped off.
- Sunscreen will be stored in a cool place, out of the sun.
- The health and safety representative will monitor the expiry date of sunscreen and replenish supplies

### Role modelling and occupational health and safety

- To support health and safety legislation, staff are required to wear sun protective hats when supervising students.
- Demonstrate SunSmart behaviour when attending school by:
  - wearing sun protective clothing
  - applying SPF50 or higher broad-spectrum water-resistant sunscreen
  - wearing a sun protective hat (broad-brimmed, bucket)
  - using and promoting shade
  - wearing sunglasses that meet the Australian Standard 1067.

### Education

- Programs on sun protection are included in the curriculum for all year levels.
- Register as a SunSmart School

### Informing the school community

- SunSmart Policy will be on the school's website.
- Sun protection is communicated to staff, families and visitors via newsletters, assemblies, daily messages, whole school activities, and parent and staff meetings.
- Families and visitors are encouraged to role model sun protection measures when attending outdoor activities.

## Resources

UV levels are available from:

- the [SunSmart Global UV app](#)
- [MyUV.com.au](#).

Student Health Care in Public Schools policy and procedures (July 2023)

<https://www.education.wa.edu.au/web/policies/-/student-health-care-in-public-schools-policy>

[Heatwave-school-factsheet.pdf](#)

[SunSmart - Cancer Council WA](#)

Staff Sun safety in the workplace (2024):

[Sun safety in the workplace - WorkSafe – LGIRS](#)

### Policy monitoring and review

- The policy is monitored regularly and reviewed every three years. (*effective 2026, to be reviewed 2029*).