

Ardrossan Area School Sun Protection policy

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



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 during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This sun protection policy has been developed to:

- Encourage the entire school community to use a combination of sun protection measures whenever the UV Index reaches 3 and above.
- Work towards a safe school environment that provides shade for students, staff, and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure families and new staff are informed of the school's sun protection policy.

Procedures

Policy implementation times

Staff are encouraged to check the daily sun protection times each morning for our location using the free [SunSmart Global UV app](#), [SunSmart widget](#), [myuv.com.au](#) or the [Bureau of Meteorology website](#) to support the implementation of sun protection at the school.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times.

Scheduling

A combination of sun protection measures are considered when planning outdoor activities such as camps, excursions, sporting activities and water-based activities.

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible or in the shade.

Sun protection measures

1. Hats

All students and staff are required to wear a broad-brimmed or bucket hat which protects the face, ears, and neck. Baseball caps are not acceptable.

2. Clothing

Appropriate sun protective clothing is included in the school uniform/dress code and sports uniform. Clothing made of a closely woven material including tops with collars and longer-style skirts, dresses and shorts are recommended. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

3. Sunscreen

- SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the school for student and staff use.



- Families with children who have sensitive skin are asked to provide a suitable SPF 50+ broad-spectrum water-resistant sunscreen for their child's use.
- Families with children who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician.
- Students are encouraged to apply sunscreen before or upon arriving at school.
- Students are reminded to apply sunscreen before going outdoors.
- Sunscreen is re-applied every 2 hours when remaining or returning outdoors.

4. Shade

- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- Students who are not wearing a SunSmart hat or appropriate clothing are asked to play in full shade areas with verandah coverage. The following spaces have verandahs: Meeting Room, Gym, Junior Primary, Design & Technology, Food Technology and Middle school.

5. Staff WH&S and role modelling

For work health and safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including:

- wearing sun protective hats, clothing, and sunglasses when outside
- applying SPF 50+ broad-spectrum, water-resistant sunscreen
- seeking shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor school activities.

7. Learning and development

Sun protection education is incorporated into the curriculum for all year levels (or) at least every second year.

8. Policy promotion

Sun protection information and the sun protection policy is promoted to the whole school community through newsletters, parent meetings, staff meetings, school assemblies, student, and teacher activities and in student enrolment packs.

Policy review

The school will review the policy regularly (at least every three years) and revise the policy when required.
Date of next policy review: 2028

Legislation

- Work Health and Safety Act 2012

Relevant resources

SunSmart Hat-Wearing Toolkit

Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behavior to reach 100% compliance or to phase out baseball caps. Visit:

<https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit>