



# East Adelaide School Sun Smart Policy

## (Updated October 2019)

### From the Department for Education

- All school sites and early childhood education and care services must establish a local sun protection policy.
- The sun protection policy must be in effect for school terms 1, 3 and 4 and whenever UV radiation levels reach 3 or above.

### Rationale

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

Cancer Council SA advises people to protect their skin at times when the ultraviolet (UV) radiation level is 3 and above – this is when it is strong enough to cause damage to unprotected skin.

### Aims

The aims of the East Adelaide Sun Smart Policy are to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.

### This Sun Smart policy has been developed to:

- encourage the entire school community to understand the reasons behind sun protection measures
- 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 Smart policy.

### Implementation

The purpose of the policy is to ensure that all members of our school, including Out of School Hours Care (OSHC) programs, are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, students and parents of East Adelaide School, inclusive of the Out of School Hours Care Program will **use the following skin protection strategies:**

**The school uses a combination of sun protection measures for all outdoor activities throughout the year:**

#### 1. Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable.

#### 2. Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

#### 3. Sunscreen

- Students can provide their own SPF 30 or higher broad spectrum, water resistant sunscreen and/or the school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students' use. Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours.

- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors and sunscreen buddies).

#### 4. Shade

- The school council ensures there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be held late term 1 or during term two or earlier in the day where practical.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

#### 5. Sunglasses (optional)

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067.1:2016 (Sunglasses: lens category two, three or four) and cover as much of the eye area as possible.

#### 6. Staff WHS and role modelling:

Staff will:

- wear sun protective hats when outside
- seek shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

#### 7. Curriculum

- Programs on skin cancer prevention are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

#### Relevant resources

- SunSmart millionaire: How SunSmart are you? An innovative online game-based resource for children aged 9-13 years that promotes the science behind the SunSmart message. Visit: [http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Site s/Web/sunsmart/](http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Site%20s/Web/sunsmart/)
- <https://www.cancersa.org.au/cut-myrisk/sunsmart/resources/sunsmart-app-andwidget>
- Bureau of Meteorology website <http://www.bom.gov.au/sa/uv>.
- Creating effective shade: This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit <http://www.sunsmart.com.au/shade-audit>.
- Generation SunSmart: Fun and interactive online sun protection modules for teachers, school nurses and year 6-9 students. Visit <http://www.generationsunsmart.com.au/>.

The East Adelaide School Sun Smart Guidelines will be reviewed on a two yearly basis, or as needed, in accordance with the Sun Smart Schools Program. **Date of next policy review October 2021.**