



## Sun Protection Policy

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### Related Policies

Student Welfare and Management Policy  
Playground Supervision Policy  
Excursion policy  
Uniform Policy  
Work Health and Safety Policy

### Purpose

The purpose of the policy is to ensure St Thomas the Apostle School promotes and practises SunSmart procedures.

This policy explains the steps to be taken to ensure the safety of children and staff as this relates to protection from solar ultraviolet rays. It is based on a recognition that over-exposure to these rays can cause health problems.

The policy has particular relevance during terms one and four when UV levels peak in Canberra, however sun protection will be required when UV levels are 3 and above, strong enough to damage unprotected skin. In Canberra this will be for part or most of each day between August and May.

Due to low UV levels experienced in Canberra around the June and July period, sun protection at school is generally not required, unless spending extended time outdoors. This is to assist students and staff with their winter vitamin D requirements.

### Responsibilities

The damage caused by the sun's ultraviolet rays can be reduced if students and staff wear appropriate clothing and hat, use at least an SPF 30 sunscreen, and use shade areas. The rule "no hat, play in the shade" applies to all students at all times. Staff are also required under Work Health and Safety to adopt a combination of sun protection behavior when working outdoors. .

The school is committed to increasing the available shade areas over a period, in line with its strategic plan.

The example of staff and senior students will have an impact on younger students.

### Procedures

The following SunSmart procedures are to be followed:

- no staff member or student is allowed to spend time outdoors without suitable headwear and clothing
- students not wearing hats are to be restricted to the shade areas
- students are to be encouraged to wear suitable sunscreen (SPF 30+ broad spectrum, water resistant sunscreen) every day, especially during terms one and four ie before lunch and PE etc. .
- Sunscreen is accessible to students and staff from all classrooms.
- Students with naturally very dark skin will not be required to apply sunscreen.

- the issue of sun protection is to be included in the curriculum of all year levels. ACT resources available from: <http://www.actcancer.org/sun-smart/resources.aspx>
- in excessive weather conditions, alterations will be made to the timetable to reduce risks associated with sun rays. For example outdoor times will be minimized between 11am and 3pm during the summer/daylight saving period when UV levels peak in Canberra.
- in line with our SunSmart status, we follow the recommendations of the Cancer Council A.C.T. Students and staff are not required to wear hats or sunscreen during June and July to take the opportunity to maintain adequate Vitamin D levels during the Winter period.
- as part of the normal Health curriculum students will be taught the principles of the balance between sun protection and vitamin D.
- as part of the School Registration and Renewal process schools need to carry out an audit of the school plant ensuring adequate shade and shelter for students, staff and parents
- in determining school uniform the School Community Council will ensure uniforms are SunSmart. ie longer sleeves and shorts, collars etc.
- Students will be required to wear a rash top (or at least a t-shirt) when taking part in all day outdoor swimming carnivals as the risk of skin damage is greatly increased.
- Students may choose to wear sunglasses at school. The school will support this behavior. A close fitting wrap-around style will offer best protection. Sunglasses will meet AS 1067.
- Staff are aware of the SunSmart UV Index to assist them with appropriate sun protection times in Canberra: <http://www.bom.gov.au/nsw/uv/canberra.shtml>
- Positive SunSmart behavior is regularly reinforced and promoted to the whole school via assemblies, newsletters, website etc.
- This policy is accessible to all parents and staff members via the school website.

### **National SunSmart Schools Program**

St Thomas the Apostle was awarded national SunSmart status in 2005 for its commitment to skin cancer prevention. As a member of the National Smart Schools program, this policy will be submitted to Cancer Council ACT to be reviewed every three years. This policy will be updated accordingly to maintain high national SunSmart standards.

Our next SunSmart Review will be May 2016

### **References**

Cancer Council ACT review July 2013.

NSW PDHPE BOS Documents

### **Forms**

nil

**Approved by:** Principal

**Issuing Group:** St. Thomas the Apostle Primary School

**Implementation Date:** January 2005

**Supersedes Policy Dated:** Nil

**Policy Last Updated:** 2013

**Review Date:** 2016