

# Sun & UV Protection

## POLICY



### **Rationale:**

- To create environments and encourage behaviours which reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.

### **Behaviour:**

- Sun protective clothing is included in our school uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts.
- Students are not permitted to swim outdoors without a rash vest or t-shirt.
- Children are to wear a wide brimmed (at least 8 cm) hat, bucket hat or a legionnaire style hat when outdoors during school hours.
- Children are encouraged to wear wraparound sunglasses that meet Aust standard 1067 (Sunglasses category 2, 3 or 4).
- Work with the parent community to provide SPF 30+ broad spectrum, water resistant sunscreen for staff and student use. The sunscreen is to be kept below 30°.
- Parents are to advise staff if your child is sensitive to any sun screens and provide the school with a sunscreen that the child can use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Encourage children to use available areas of shade for outdoor activities and those without correct sun protection (sunscreen and hats) must play in the covered outdoor learning area.
- Encourage staff and parents to act as role models by practising SunSmart behaviours.
- UV exposure is a requirement for obtaining essential Vitamin D. From September to April most people need a few minutes of early morning or late afternoon sun exposure a day and from May to August most people require an average two to three hours per week. Dark skinned people will require 3-6 times this exposure.

### **Curriculum:**

- Incorporate programs on skin cancer prevention and vitamin D into the curriculum
- Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, student and teacher activities.
- Assist all students to be responsible for their own sun protection.

### **Environment:**

- Schedule outdoor activities before 11:00 am during peak UV periods where possible.
- Organise outdoor activities in areas with plenty of shade if possible.
- Work toward increasing the number of shelters and trees so as to provide adequate shade in the school grounds.
- From September to April access the SunSmart UV Alert app, daily, so staff and students can enforce their sun protection measures.

**Evaluation:** This policy will be reviewed as part of the school's three year review cycle.

**This policy was ratified at Airly Primary School Council's meeting held on:**

**May 15, 2017**