

## SunSmart Policy

### 1. Policy:

This policy outlines the school's practices that meet a minimum national standard in sun protection covering the areas of curriculum, behaviour and the environment at Pilgrim School.

### 2. Rationale:

Australia has the highest incidence of skin cancer in the world, with skin cancers accounting for around 80% of all new cancers diagnosed each year. Although Ultra Violet Radiation (UVR) levels are lower in winter than in summer, skin damage does still occur when UV levels are 3 and above. On a clear winter's day the ultra violet rays could still be strong enough to cause skin damage.

There are four factors often occurring simultaneously, which contribute to these statistics:

1. The population is predominantly fair-skinned. Ultraviolet light from the sun is of sufficient intensity to damage skin when UV levels reach 3 and above.
2. For most of this century, social values have supported the belief that a suntan is healthy and attractive.
3. Lifestyle, work, school and recreational habits expose people to the sun for long periods.
4. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin damage and skin cancer is, therefore preventable.

Primary schools can help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to take effective skin protection measures.

### 3. Scope:

This policy applies to all members of the Pilgrim School community including students, staff, parents / carers and visitors.

### 4. Policy Objectives:

4.1 The objectives of the SunSmart policy are to promote:

- Positive attitudes towards skin protection
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths
- Personal responsibility for and decision-making about skin protection awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

### 5. Policy Outline:

5.1 General sun smart strategies:

- Children will wear hats which protect the face, neck and ears whenever they are outside. (eg recess, lunch, sport, sports carnivals, outdoor excursions and activities). Broad brimmed or legionnaire and bucket hat styles are required.
- The skin protection policy is in place from 1<sup>st</sup> September to 30<sup>th</sup> April and when the UV radiation level is 3 and above at all other times. This policy includes OSHC and Vacation care programs held on our school campus.
- At times of the year when UV radiation levels are below 3, students and staff are encouraged not to wear hats or sunscreen to maintain optimum vitamin D absorption.
- Sun protective clothing is included as part of the school uniform/dress code. This includes shirts with collars and, at least, elbow length sleeves, longer style shorts, skirts and dresses
- Children will be encouraged to use available areas of shade for outdoor play activities.
- Outdoor activities will be held in areas of shade whenever possible
- Whenever possible, outdoor activities will be scheduled before 10.00 am and after 2.00 pm (11.00 am and 3.00 pm, daylight saving time) and the precautions below will be insisted upon.
- Staff will be encouraged to act as role models by practising Sun Smart behaviour including wearing a sun safe hat, sun protective clothing and sunscreen when outdoors. Clothing may include collared shirts, tops with sleeves and shorts or dresses which are knee length.
- Wearing protective hats and appropriate clothing at all outdoor activities
- The use of SPF 30+ broad spectrum, water resistant sunscreen is promoted on days when UV is 3 and above.

- It is advisable that sunscreen should be applied 15-20 minutes prior to going outside and regularly re-applied (approximately every 2 hours) if outside for an extended period of time or sooner if involved in water or sport activities
- Promote the slip, slop, slap, seek and slide practice.
- The use of sunglasses that have an Eye Protection Factor (EPF) rating of 10 and are from a category two, three or four and meet the Australian standard (AS/NZ 1067:2003) is encouraged where appropriate, at the direction of the school.
- All skin protection measures will be implemented from 1<sup>st</sup> September – 30<sup>th</sup> April and any other time UV is 3 and above.

#### 5.2 **Our School will:**

- Ensure that school hats are appropriate and satisfy the Cancer Council SA guidelines such as broad brimmed and legionnaire hats.
- Ensure that maximum protection is available to students at sporting carnivals and outdoor events.
- Provide shelters and shade trees.
- Have available SPF 30+ broad spectrum, water resistant sunscreen for staff and student use on days where children are exposed to the sun for lengthy periods. (eg Sports Day, Aquatics, beach excursions etc).
- Incorporate programs on skin cancer prevention in its curriculum.
- Reinforce regularly the SunSmart Policy in a positive way through newsletters, parent meetings, student and teacher activities.
- Insist that students comply with skin protection measures when going on excursions.
- Include information on excursion notes about skin protection measures.
- Agree to undertake policy reviews with Cancer Council SA to ensure policy and practice stay up to date with the national standard.

#### 5.3 **When enrolling a child, parents / carers will be:**

- Informed of the school SunSmart Policy.
- Requested to purchase a school hat or provide an appropriate hat for their child's use.
- Encouraged to practise skin protective behaviour themselves, especially when attending school events and activities.

#### 5.4 **Responsibilities:**

To Ensure the safety of school staff required to carry out duties in the outdoors,  
**the Principal will:**

- Discuss with staff the need to wear protection while working in the outdoors.
- Where necessary, rearrange the duties of outside staff required to spend a substantial amount of time of the working day in the sun to minimise exposure to ultraviolet radiation.

#### **Teachers will:**

- Model sun smart practices at all times.
- Promote sun smart strategies with the students in their care.
- Consider the SunSmart policy when planning outdoor learning programs or events.

#### **Parents / Carers will:**

- Support the school in implementing and promoting sun smart practices.
- Model skin protective behaviour themselves.
- Provide their child with appropriate clothing / protection requested by the school (eg required broad brimmed or legionnaire's hat).

For information and support

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