



Sun Protection Policy

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

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 critical 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 whenever UV is 3 and above does not put people at risk of vitamin D deficiency.

Purpose

This sun protection policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 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.

Department for Education sites must develop a sunscreen application routine as part of their sun protection policy. To protect your skin, when the UV is 3 and above, use a combination of the five sun protection measures: Slip, Slop, Slap, Seek and Slide

Procedure

Staff are encouraged to access and check the daily local sun protection times and peak UV times on the SunSmart app, myuv.com.au or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv> to support the implementation of this policy.

In line with the Department for Education requirements and Cancer Council SA's SunSmart guidelines, Brompton Primary School uses a combination of sun protection measures for all outdoor activities during terms one, three and four, and whenever UV levels reach 3 and above at other times.

As well, Brompton Primary School encourages hat wearing all year round. A combination of sun protection measures are considered when planning outdoor events e.g. camps, excursions, sporting activities and swimming carnivals.

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best natural source of vitamin D. Therefore, it is important to find a balance between the risk of skin cancer from too much sun exposure with maintaining vitamin D levels. There are times when it is important to be in the sun without protection.

- ❖ If families are concerned about their child's vitamin D levels, they are encouraged to consult their doctor. Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

Clothing

- Sun protective clothing is included in the school uniform/dress code and sports uniform. Students are expected to wear sun smart clothing, e.g. shirts with collars, t-shirts with sleeves (not capped) in accordance with dress code policy.
- 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.
- At any school event where casual clothes /bathers are permitted, students must be wearing SunSmart clothing, i.e. Rash tops or t-shirts over bathers to ensure protection from skin damage.
- Students who are not wearing appropriate clothing are asked to play in areas protected from the sun.
- As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will wear sun protective hats, clothing and sunglasses when outside.

Sunscreen

- SPF 50+ broad spectrum, water resistant sunscreen is supplied by the school for students and staff use.
- Students and staff will also be encouraged to provide their own SPF 50+ broad spectrum, water resistant sunscreen for 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.
- Students will be encouraged to apply sunscreen before school in the morning,
- Students will be encouraged to apply sunscreen 20 min before outdoor activities, including when the UV is 3 and above reapply sunscreen every 2 hours if they are involved in outdoor activities,
- Teachers will actively to remind students to apply sunscreen before going outdoors (e.g. including reminder notices on boards, sunscreen monitors)
- Sunscreen is re-applied immediately after water based activities, towel drying or being washed off.

Hats

BPS supplies every child with a bucket hat on enrolment. Students are required to wear a SunSmart hat during outdoor activities when the UV is 3 and above.

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.



Shade

- Governing Council, in consultation with the Principal, will ensure there is sufficient shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. outdoor lesson areas and popular play areas, and when planning future buildings and grounds works.
- 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.
- Students are encouraged to use available areas of shade when outside.
- Students not wearing a hat or appropriate clothing must move to the benches underneath the blue canopy – **NO HAT NO PLAY / PE LESSON.**

Sunglasses

The use of sunglasses that meet the Australian Standard AS/NZS 1067.1:2016, lens category 2, 3 or 4, by students, is encouraged (not compulsory). Novelty tinted glasses do not protect against UV radiation and are not permitted.

Staff are encouraged to wear close-fitting, wrap-around 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.

Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will:

- wear sun protective hats, clothing and are encouraged to wear sunglasses when outside
- apply SPF 50+ or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.

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

	Curriculum • Programs on skin cancer prevention are included in the curriculum for all year levels. • Lunch period is 40 minutes with students eating lunch in the classroom or in shaded area for 10 minutes before going to play. • Whenever possible, all outdoor activities will be scheduled outside of the peak UV times of the day, or conducted indoors or in the shaded areas of the school, if practical. Sports days and other outdoor events to be held during term 2 or earlier in the day where practical. • School assemblies are held in the hall. • School events such as concerts are scheduled indoors, where possible. • SunSmart behaviour is regularly reinforced and promoted to the whole school community through class dojo, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs. Policy review The school governing council and staff regularly monitor and review the effectiveness of the sun protection policy (at least every three years) and revise the policy when required. Date of next policy review: March 2029
--	--

Relevant resources	Sun protection times Download the Sunsmart Global UV app to check the daily UV levels and recommended sun protection times for each day. Download from the App Store Download from Google Play Sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free SunSmart app, the free widget to place on your website (download via https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget), myuv.com.au, in the weather section of the newspaper or the 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/. 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: https://app.education.nsw.gov.au/rap/resource/access/aod1bab8-c857-4bf6-9b95-640d3776b20d/1 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 Legislation - Work Health and Safety Act 2012
Related Items	Dress Code Policy BPS Hot Weather Procedure Department for Education Inclement weather and sun protection advice and guidance Cancer Council SA Guidelines + checklist
Review	The Governing Council and staff will regularly monitor and review the effectiveness of the sun protection policy (at least every three years) and revise the policy when required to ensure Brompton Primary School is meeting the standards needed to retain the Sun Smart status.

Governing Council ratification : 23 March 2023	Cancer Council Sun Protection Policy Review Approved : 31 March 2023 (for further 3 years)
Governing Council ratification : 16 March 2026	Cancer Council Sun Protection Policy Review Approved : March 2026 (for further 3 years)