



Cannonvale State School's SunSmart policy

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

Rationale

Too much of the sun's UV can cause sunburn, skin and eye damage, and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

Purpose

This SunSmart policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

Procedures

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the [SunSmart widget](#) in the Sunsmart Policy on the school's website, the free [SunSmart app](#), or at sunsmart.com.au.
- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**.

The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types..

Environment

Seek shade

- Outdoor activities should be minimized between 10am – 3pm where possible
- The school council makes sure there are sufficient shelters and trees providing shade in outdoor areas, particularly in high-use areas e.g. canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.



Behaviours

Slip on sun protective clothing

- Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming.

Slap on a sun protective hat

- All students and staff wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative.

Slop on sunscreen

- Students provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
AND
The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use at various sporting and extra-curricular events.
- Sunscreen is applied in accordance with the manufacturer's directions (applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

Slide on sunglasses [if practical]

- Where practical students wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Learning

- Programs on sun protection are included in the curriculum for all year levels.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

OHS

- As part of OHS UV risk controls and role-modelling, staff, families and visitors:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.



Monitoring and review

- The school council and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- The SunSmart policy is available to staff, students, families and visitors.

Next policy review: 2023

Additional information and support

National Guidelines

Cancer Council's SunSmart Position Statements: <https://www.cancer.org.au/preventing-cancer/sun-protection/sunsmart-position-statements.html>

Department of Education recommendations for sun safety within schools:

<https://www.health.qld.gov.au/public-health/schools/sun/protection>

Department of Education School Dress Code:

<http://ppr.det.qld.gov.au/education/management/Procedure%20Attachments/Student%20Dress%20Code/student-dress-code.pdf>

Sun protection resources

Cancer prevention resources: quest.org.au

Monitor your areas daily UV: <http://www.myuv.com.au/>

National SunSmart Program: <http://sunsmart.com.au/>

Professional Development at Generation SunSmart: <https://www.generationsunsmart.com.au/>

Department of Education sun safety educational materials: <https://www.health.qld.gov.au/public-health/schools/sun/resources>