

# Trevallyn Primary School Sun Safety Policy

## Policy statement

Over-exposure to UV (ultraviolet) rays from the sun causes sunburn, skin damage and increases the risk of skin cancer. **Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.** However, some skin exposure to the sun's UV rays is needed for the production of vitamin D, vital for maintenance of healthy bones, teeth and general good health.

Being SunSmart is a whole-of-year approach. It means using sun protection when the UV is 3 and above (mid-September to mid-April), and safe sun exposure for vitamin D (mid-April to mid-September).

Trevallyn Primary School aims to ensure the safety of students and staff when outdoors at school.

## Scope

- The policy applies to all students and to staff outdoors **when UV Index levels reach 3 and above from mid-September to mid-April and safe sun exposure for vitamin D from mid-April to mid-September.**

## Purpose and goals

- Ensure children and staff maintain a healthy UV balance all year round. Encourage sun protection when UV Index levels reach 3 and above and safe sun exposure for vitamin D.
- Educate staff and children on appropriate sun protection measures.
- Ensure the safety of students and staff when outdoors at school. The goal is to help reduce the risk of skin cancer and other illnesses related to sun exposure in students and staff.

## Policy

- Staff are encouraged to check the UV Alert on a daily basis at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/> or on the free SunSmart app.
- Staff and students use a combination of sun protection measures from mid-September to mid-April, when average peak UV levels in Tasmania reach 3 and above:

### 1. Clothing

- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming.
- Clothing exposing large amounts of shoulder and upper torso eg. singlets, tank tops and strappy dresses are not considered suitable.

### 2. Sunscreen

- The use of SPF 30+ or higher, broad-spectrum sunscreen is encouraged.
- Where possible SPF 30+ or higher broad-spectrum water-resistant sunscreen is available for use.

### 3. Hats

- Students are required to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps do not offer enough protection and are not recommended.
- A school hat will be issued to all children in Kindergarten or as they commence school at Trevallyn Primary School, and thereafter every second year. Legionnaire hats will be provided for children in Kindergarten and Grade 1, and slouch hats will be provided for all children in Grades 3 and 5.

If children from early childhood grades prefer a slouch hat, these are available for sale from the Uniform Shop. Lost hats are the responsibility of parents to replace.

#### **4. Shade**

- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. The use of these areas is encouraged.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Students without a sun-safe hat or clothing must play in areas protected from the sun.

#### **5. Sunglasses – encouraged but optional**

- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged but optional.

#### **6. To help maintain adequate vitamin D levels sun protection will not be used from mid-April to mid-September.**

- From mid-September to mid-April when UV is usually 3 and above
- Sun protection (including hats, sunscreen, clothing, shade and sunglasses) should be used when UV levels are 3 or above when heading outdoors for more than a few minutes.
- Most Australians have adequate vitamin D levels just from doing typical day-to-day activities. A few minutes of mid-morning or mid-afternoon sun exposure to arms and hands on most days of the week should be sufficient to maintain adequate Vitamin D.
- Take extra care in the middle of the day when UV levels are highest.
- Students with naturally very dark skin (skin types 5 and 6 – see Fitzpatrick Skin Type Chart) may need 4-6 times as much sun for vitamin D production and only require a hat and/ or sunglasses to protect their eyes. It is not usually necessary for people with this type of skin to wear sunscreen and they will require about 30 minutes in the sun a day at mid-morning or mid-afternoon.

#### **7. From mid-April to mid-September when UV level is usually below 3**

- Sun protection is not necessary unless near snow or other reflective surfaces.
- To support Vitamin D production, spend time outdoors in the middle of the day with some skin uncovered.
- Students with naturally very dark skin will need 1.5 hours to 3 hours in the sun a day in the middle of the day (as this is not practical on a school day supplementation may need to be considered by parents). A hat or sunglasses are required to protect the eyes if these students are near reflective surfaces

#### **8. Staff OHS, role modelling and education**

- When UV is 3 and above staff will role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
- Programs on skin cancer prevention and vitamin D are included in teaching programs for all year levels
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, assemblies and upon enrolment.

#### **9. Planning**

- Ensure SunSmart policy is reflected in the planning of all outdoor events and excursions.
- Where possible, outdoor activities will be planned away from the middle of the day during the period mid-September to mid-April (when UV levels reach 3 and above).

## Review

- School's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.

**Review date:** March 2019

## Approval



Principal

Date