

# HEATHRIDGE PRIMARY SCHOOL

## Sun Smart – Sun Protection Policy



### Background

Skin damage, including skin cancer, is the result of cumulative exposure to ultraviolet radiation (UV) from the sun. UV damage begins to accumulate during childhood and adolescence and is associated with an increased risk of skin cancer later in life. As students and staff are at school during times of peak UV radiation, schools play a major role in providing an environment that minimises exposure and encourages long-term sun protective behaviours.

### Aim

Our Sun Protection Policy has been developed to ensure that all students, staff, parents and visitors attending *Heathridge Primary School* are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

### Implementation

This policy is to be implemented when the forecast average monthly UV Index in our area is 3 or above (available from [www.bom.gov.au](http://www.bom.gov.au)). Throughout Western Australia, UV levels reach 3 or above during all school terms. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps. Provisions will be made for students who do not have adequate sun protective clothing or hats.

### Procedures

#### Scheduling outdoor activities

- Where possible, we schedule outdoor activities such as assemblies, outdoor lessons, sport and physical education to occur when the UV Index is below 3. When this is not possible activities are scheduled as far from 12 noon as possible to avoid peak UV times. In extreme heat we use the covered assembly area for Physical Education.
- When outdoor activities are scheduled at times when the UV Index is 3 or higher, maximum use is made of shade, sunscreen, hats and long clothing to protect students and staff.
- We require students, staff and parent helpers to wear broad-brimmed, bucket or legionnaires style hat, sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission form.

#### Shade

- We ensure there is adequate provision of shade within the school grounds for students and staff, particularly in areas in high use areas, for example, popular play areas, where children eat lunch and outdoor lesson areas.
- We encourage staff and students to use shaded areas when outside.
- Students who do not have appropriate hats or sun protective clothing are asked to play in a suitable area protected from the sun.
- We ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Shade provision is considered in plans for future buildings, grounds and playground equipment.

#### Hats

- We require students and staff to wear a broad-brimmed, bucket or legionnaires style hat that protects the face, neck, ears and crown of the head whenever they are outside.
- Students without hats will remain protected from the sun and encouraged to play in shaded areas.
- We encourage parents and visitors to wear broad-brimmed, bucket or legionnaires style hats when participating in and attending outdoor school activities.

### Clothing

- Cool, loose-fitting sun protective clothing is included in our school uniform / dress code and sports uniform.
- Staff and students are required to wear a rash vest or similar top for swimming/water activities

### Sunscreen

- Sunscreen is available and accessible to staff and students in classrooms and around the school grounds e.g. at the school office or classroom. Sunscreen is listed as an item students are required to buy for the school year.
- Sunscreen will be stored in a cool place, out of the sun.
- The occupational safety and health representative will monitor the expiry date of sunscreen and discard when out of date.

### Role modelling and occupational health and safety

- To support health and safety legislation, staff are required to wear sun protective hats when supervising students.
- Staff, students and visitors will act as positive role models and demonstrate SunSmart behaviour when attending school by:
  - wearing sun protective clothing
  - applying SPF30 or higher broad-spectrum water resistant sunscreen
  - wearing a sun protective hat (broad-brimmed, bucket or legionnaires style)
  - using and promoting shade
  - wearing sunglasses that meet the Australian Standard 1067.

### Education

- Programs on sun protection are included in the curriculum for all year levels.

### Policy monitoring and review

- The sun protection policy will be made available to staff and parents. Parents are informed of this sun protection policy when they enrol their child/children. All new employees are briefed on the sun protection policy.
- The policy is monitored regularly and reviewed every three years.