

## Rationale

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.

This policy has been developed to ensure that all members of the Ardross PS community are protected from UV damage from the sun. The sun protection practices outlined are to be implemented when the UV Index in our area is 3 or above, and 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.

## Practices & Procedures

Scheduling Outdoor Activities	<ul style="list-style-type: none"> <li>Where possible, outdoor activities such as assemblies, outdoor lessons, sport and physical education to occur when the UV Index is below 3. When not possible, activities are scheduled as far from 12pm as possible to avoid peak UV times.</li> <li>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.</li> <li>Students, staff and parent helpers are 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.</li> </ul>
Shade	<ul style="list-style-type: none"> <li>We ensure adequate provision of shade within the school grounds for the community, particularly in areas in high use areas. We encourage staff and students to use shaded areas when outside.</li> <li>Students who do not have appropriate hats or sun protective clothing are to play in the shade or a suitable area protected from the sun.</li> <li>We ensure that adequate shade is provided at sporting carnivals and outdoor events.</li> <li>Shade provision is considered in plans for future buildings, grounds and playground equipment.</li> </ul>
Hats	<ul style="list-style-type: none"> <li>We require students and staff to wear a broad-brimmed hat whenever they are outside.</li> <li>Students without hats will remain protected from the sun and will play in shaded areas.</li> </ul>
Clothing	<ul style="list-style-type: none"> <li>Cool, loose-fitting sun protective clothing is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow length sleeves, and longer dresses and shorts.</li> <li>Students are required to wear a rash vest for water activities accept during swimming carnival races.</li> </ul>
Sunscreen	<ul style="list-style-type: none"> <li>Sunscreen is available and accessible to staff and students in classrooms and around the school grounds. Sunscreen is listed as an item students are required to buy for the school year.</li> <li>Staff will allow students adequate time to apply sunscreen</li> <li>Sunscreen will be stored in a cool place, out of the sun.</li> </ul>
Promotion	<ul style="list-style-type: none"> <li>The school will display the SunSmart message at the entrance.</li> <li>Programs on sun protection are included in the health curriculum for all year levels.</li> <li>Sun protection is communicated to staff, families and visitors via newsletters, social media, assemblies, daily messages, whole school activities, and parent and staff meetings.</li> <li>Families and visitors are encouraged to role model sun protection when attending outdoor activities.</li> <li>Staff will act as positive role models and demonstrate SunSmart behaviour when attending school by: <ul style="list-style-type: none"> <li>wearing sun protective clothing</li> <li>applying SPF30 or higher broad-spectrum water resistant sunscreen</li> <li>wearing a sun protective hat (broad-brimmed, bucket or legionnaires style)</li> <li>using and promoting shade</li> </ul> </li> </ul>

## Monitoring & Review

The sun protection policy will be made available to the Ardross PS community. Parents are informed of this sun protection policy upon enrolment.

The policy is monitored regularly and reviewed every three years.