



SUNSMART POLICY

Rationale

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. Most skin cancers can be prevented by using sun protection measures at appropriate times of the year. The sun's ultraviolet (UV) radiation is the major cause of skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. Given school hours fall within peak UV periods of the day, a comprehensive policy will assist schools to adopt healthy UV practices.

Implementation

The sun protection times are forecast by the Bureau of Meteorology for the time of day UV levels are predicted to reach 3 or higher, based on your location. At these levels, sun protection is recommended for all skin types. In the South East of South Australia, UV levels are forecast to reach 3 or higher from mid-August to the end of April each year.

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the free SunSmart app, sunsmart.com.au or bom.gov.au.

The sun protection measures listed in this policy are used for all outdoor activities during the daily local sun protection times. This policy is considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events.

Implementation throughout Terms 1 and 4 only is insufficient to protect against UV risks.

Procedures

1. Clothing

- The summer and winter school uniform/dress codes include:
 - Early Learning - Year 2 – Collared school stripped polo, long and short sleeve with shorts or pants
 - Year 3 - Year 6 Girls – Short sleeve dress or short sleeve shirt with shorts or pants
 - Year 6 - Year 12 Girls – Short sleeve dress or short sleeve shirt with skirt, shorts or pants.
 - Year 3 - Year 12 Boys – Short sleeve shirt with shorts or pants
 - Long sleeve shirts/dresses are available for customised order through Perm-a-pleat at a cost to the parents.
- The sport uniform/dress code includes:
 - A short sleeve shirt that covers the shoulders well and a collar that sits close to the neck with shorts or trackpants.
 - A long sleeve navy T-Shirt has been approved to be worn under the uniform to provide additional sun safety and is to be provided by the parent.
 - Rash vests or t-shirts provided by parents are required during water sport activities, and while students are waiting to compete in outdoor swimming competitions.

2. Hats

- Students are required to wear the Tenison Woods College hat that protects their face, neck and ears when the UV rating is 3 or above.

Please refer to the Tenison Woods College Uniform Policy for details on the above.

3. Sunscreen

- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students to use AND/OR students are reminded and encouraged to bring their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen to school.
- Staff encourage students to use sunscreen and provide time for students to apply sunscreen before going outdoors.
- The school community is educated about the correct use of sunscreen and the level of protection it provides (apply 20 minutes before going outdoors and reapply every 2 hours, or immediately after physical activity and swimming).

4. Shade

- The school board ensures shade is available in the school grounds, particularly in areas where students congregate – for example, lunch areas, canteen, and outdoor lesson areas.
- The school board ensures shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning all outdoor activities and excursions.
- Students are encouraged to use available areas of shade when outside, particularly if they do not have appropriate hats or outdoor clothing.

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5. Sunglasses [if practical]

- Where practical, students are encouraged to 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.

6. Staff role-modelling and WHS

- As part of WHS UV risk controls and role-modelling, staff:
 - Wear a sun-protective hat, covering clothing and, if practical, sunglasses.
 - Apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
 - Seek shade whenever possible.
- SunSmart information is included in staff handbook/orientation materials.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.

7. Families and visitors

- Families and visitors to the school are encouraged to do the following when outdoors:
 - Wear a sun-protective hat, covering clothing and, if practical, sunglasses.
 - Apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
 - Seek shade whenever possible.
- The school's UV policy is easily accessible to staff, students and parents.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies.

8. Curriculum

- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- Programs on sun protection are incorporated into appropriate areas of the curriculum.

Monitoring and review

The School Board, staff and SRC monitor and review the effectiveness of the SunSmart Policy (at least every three years) and revise the policy as required.

SunSmart policy updates and requirements will be made available to staff, families, students and visitors.

Relevant documents and links

Achievement Program for secondary schools: [sun protection benchmarks](#)

Australian Radiation Protection and Nuclear Safety Agency: [Radiation protection standard for occupational exposure to ultraviolet radiation](#) (2006)

Australian Professional Standards for Teachers (APST) – Standards 4.4 and 7.2

Catholic Education Commission of Victoria: [Your Child's Health, Wellbeing and Safety \(Parent Handbook Secondary\)](#)

Safe Work Australia: [Guidance note for the protection of workers from the ultraviolet radiation in sunlight](#) (2008)

AS/NZ Standard 4399:2017 Sun protective clothing – Evaluation and classification

AS/NZ Standard 1067.1:2016 Eye and face protection – Sunglasses and fashion spectacles requirements

AS/NZ Standard 2604:2012 Sunscreen products – Evaluation and classification

AS/NZ Standard 4174:2018 Knitted and woven shade fabrics

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