



Mount Stuart Primary School

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MOUNT STUART PRIMARY SCHOOL 2024 SUNSMART POLICY

1. Rationale

- 1.1 Over-exposure to UV (ultraviolet) rays from the sun causes sunburn, long term skin damage and dramatically 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.**
- 1.2 Schools can play a significant role toward reducing the lifetime risk of skin cancer. The sun protection policy has been developed to ensure that all students, teachers and the school community are protected from skin damage caused by harmful UV radiation from the sun.
- 1.3 Sun protection is required when UV levels are 3 and above. In Tasmania, the UV is 3 and above from September to April. Therefore, schools need to implement sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UVR risks.

2. Aims

- 2.1 Ensure staff and students are protected from over-exposure to UV;
- 2.2 Encourage sun protection **when UV Index levels reach 3 and above**
- 2.3 Educate staff and children on appropriate sun protection measures
- 2.4 Ensure the outdoor environment provides shade for staff and students.
- 2.5 Support duty of care and regulatory requirements; and
- 2.6 Support appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

3. Implementation

**From beginning September to end April in Tasmania,
when average UV Index levels reach 3 and above.**

- 3.1 Staff members are encouraged to check the sun protection times daily at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, www.myuv.com or on the free SunSmart app.
- 3.2 The use of broad-spectrum, water resistant, SPF 30 or higher sunscreen is encouraged for staff and student use.
- 3.3 Students are encouraged to provide their own broad-spectrum, water-resistant SPF 30 or higher sunscreen.
- 3.4 Sunscreen is also available and accessible for use at the school in places such as classrooms and around the school yard.
- 3.5 Sunscreen is applied 20 minutes before going outdoors and reapplied every two hours if outside for long periods including excursions and outdoor sporting events (more frequently if swimming or sweating). Sunscreen should be stored in a cool, dry place and the expiry date monitored. Strategies are in place to remind students to apply sunscreen before going outdoors.
- 3.6 Staff and children are required to wear hats that protect the face, neck and ears. Children are required to wear bucket style school hats. Caps and sun visors do not offer enough protection and are not recommended.
- 3.7 Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses/shorts and rash vests or T-shirts for outdoor swimming. Clothing exposing large amounts of shoulder and upper torso (singlets, tank tops and strappy dresses) are not considered suitable.
- 3.8 The availability of shade is considered when planning excursions and all outdoor activities.
- 3.9 The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. Children are encouraged to use available areas of shade when outside.
- 3.10 Children who do not have appropriate hats or clothing are required to remain on the red seat opposite the ball wall for the duration of recess and lunch.
- 3.11 Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067 (Category 2, 3 or 4) are encouraged but optional.
- 3.12 Parents are made aware of the SunSmart policy at enrolment. Parents are asked to provide a suitable hat and if required, indicate special needs or permission regarding sunscreen and their child.

- 3.13 Programs on skin cancer prevention are included in teaching programs for all year levels.
- 3.14 The SunSmart policy will be promoted in a positive way through staff members modelling identified sun protection measures as outlined in this policy.
- 3.15 Staff and families will be provided with information on sun protection through the Newsletter and Parent Association meetings.
- 3.16 Encourage families to practise SunSmart behaviour themselves when participating at the school, and when at home.
- 3.17 To help maintain adequate vitamin D levels sun protection will not be used from May to August, when average peak UV levels are below 3 unless in alpine regions, near highly reflective surfaces such as water and snow or outdoors for extended periods.

Review and updating of policy and practice

- Management and staff monitor and review the effectiveness of the SunSmart policy every 3 years and revise the policy when required.
- **Next policy review due date: August 2025**

This information is based on current evidence available at time of review.

For more information: Email: sunsmart@cancertas.org.au, Telephone: (03) 6779 1107 Website: www.cancertas.org.au/prevent-cancer/sunsmart/