



# SunSmart

## Sun Protection Policy

Revised & Ratified by School Council: September 2019

### WONGAN HILLS DISTRICT HIGH SCHOOL

#### 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 *Wongan Hills District High 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 and these students will not be excluded from play or physical activity, though activities may be restricted to shaded areas.

#### Procedures

##### Scheduling outdoor activities

- Where possible, we schedule outdoor activities such as 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.
- 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 to wear broad-brimmed, bucket or legionnaires style hat in the primary and a cap in the secondary, sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission form. We will encourage staff and Parent helpers of these camps, sports and excursions to also wear hats, sun protective clothing and sunscreen.
- Students may remove their hats when playing sport that may impede on their vision and safety. This will be at the discretion of the supervising teacher.

##### 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 the shade or 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 in the primary 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.
- We require students in the secondary school to wear as a minimum, a cap to protect the face 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 staff, parents and visitors to wear broad-brimmed, bucket or legionnaires style hats when participating in and attending outdoor school activities and will inform them of our active Sun Smart policy.

#### Clothing

- 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.
- Staff and students are encouraged to wear a rash vest or similar top (t-shirt ok) for swimming/water activities. Whilst competing in races students may remove rash vest if they think it disadvantages swimming technique.

#### Sunscreen

- Sunscreen is available and accessible to staff and students in classrooms and around the school grounds e.g. at the school office and school cafe.
- Sunscreen is listed as an optional item for students to keep in their school bags for use during the day.
- All students and staff will be encouraged and reminded to apply SPF30 or higher broad-spectrum water resistant sunscreen 20 minutes before going outdoors e.g. prior to school, before lunch, PE lessons, sports, excursions etc.
- Sunscreen sensitivity/allergies will be requested to be reported in the Children's Health Questionnaire at the start of the year for all students. Children with sensitivity/allergies are encouraged to have their own sunscreen with them.

#### Sunglasses (optional)

Where practical, students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4).

#### Role modelling and occupational health and safety

- To support health and safety legislation, staff are encouraged to wear sun protective hats when supervising students.
- Staff and students will act as positive role models and demonstrate Sun Smart 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.

#### Informing the school community

- Sun protection is communicated to staff, families and visitors via newsletters, social media, assemblies, whole school activities, and parent and staff meetings.
- Families and visitors are encouraged to role model sun protection measures when attending outdoor activities.

#### Policy monitoring and review

- The sun protection policy will be made available to staff and parents on the Schoolbag App. 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.

Date for review: 2022

