Maldon Primary School
SUN PROTECTION POLICY

Rationale
Too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage and skin cancer.

Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

Our sun protection policy is followed from the beginning of September until the end of April and whenever the UV Index level reaches 3 and above*.

Objectives
The goals of the SunSmart Policy are to:

1. Increase student and community awareness about skin cancer and sun protection
2. Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above*
3. Work towards a safe school environment that provides shade for students, staff and the school community
4. Assist students to be responsible for their own sun protection
5. Ensure that families and new staff are informed of the school’s SunSmart policy

Our sun protection strategies
All children and staff use a combination of sun protection measures whenever the UV Index reaches 3 and above* to ensure they are well protected from the sun. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak during the day.

Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

1. Shade
The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, outdoor lesson areas and popular play areas.

In consultation with the school council, shade provision is considered in plans for future buildings and grounds.

The availability of shade is considered when planning excursions and all outdoor activities.

Children are encouraged to use available areas of shade when outside.

Children who do not have appropriate hats or outdoor clothing must play in the shade or a suitable area protected from the sun.

2. Clothing
Sun protective clothing is included in our school uniform/dress code. Loose closely woven cotton fabrics and shirts with a collar and long sleeves are ideal, as well as longer style dresses and shorts. Rash vests or t-shirts provide protection during outdoor swimming programs.

3. Hats
Children are required to wear school hats that protect their face, neck and ears, i.e legionnaire, broad brimmed or bucket hats, whenever they are outside.

(Baseball caps do not offer enough protection and are therefore not suitable for school wear)
4. **Sunglasses (SUGGESTED)**
   Children and staff 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.

5. **Sunscreen**
   Families are encouraged to supply their children with sunscreen.
   SPF 30+ broad spectrum, water resistant sunscreen is available, but care should be taken that students are not allergic to the sunscreen provided before application.
   Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
   Staff remind children to apply sunscreen before going outdoors.

***Role modelling***
   Staff act as role models by:
   - wearing sun protective hats, clothing and sunglasses when outside
   - applying SPF 30+ broad spectrum, water resistant sunscreen
   - seeking shade whenever possible
   Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in or attending outdoor school activities.

***Curriculum***
   Programs on skin cancer prevention are included in the curriculum for all grade levels.
   SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

***Review***
   The school council and staff regularly monitor and review the effectiveness of the sun protection policy (at least once every three years) and revise the policy when required.

***Relevant Documents/Links***
   Victorian Government Schools Reference Guide: 4.5.11 skin protection
   *SunSmart UV Alert (issued whenever the UV Index reaches 3 and above)*

The Sunsmart policy was endorsed by School Council on