



SUN PROTECTION POLICY

RATIONALE

A balance of ultraviolet (UV) radiation exposure is important for our health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

OBJECTIVES

This sun protection policy has been developed for on and off-site school events to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- continue to provide a safe school environment that provides shade for students, staff and the school community at appropriate times
- ensure all students and staff have some UV exposure for vitamin D
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's sun protection policy.

UV level information can be found at www.bom.gov.au/sa/uv or on the sun smart app at www.cancersa.org.au/sunsmart-apps

SUN PROTECTION POLICY INCLUDES

CLOTHING

Sun protective clothing is included in the school uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars, longer style dresses and shorts.

SUNSCREEN

Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. Students should apply sunscreen at home before attending school when they know they will have outdoor lessons or excursions. The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student use for outdoor activities (eg sports day, PE lessons). Strategies are in place to remind students to apply sunscreen before going outdoors and to reapply as required.

HATS

It is recommended that all students and staff wear hats that protect their face, neck and ears eg bucket hat when they are likely to be exposed to the sun for extended periods. Students can purchase a plain navy bucket hat or school cap from the uniform shop.

SHADE

Outdoor shaded areas are reviewed regularly to determine the current availability and quality of shade. The school governing council works with the BPIHS finance and assets committees to maximise numbers of shelters and trees providing shade in the school grounds, particularly in areas where students congregate eg lunch areas, canteen and outdoor lesson areas.

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

SUNGLASSES

It is recommended that students and staff wear close fitting, wraparound sunglasses that meet the Australian Standards and cover as much of the eye area as possible.

CURRICULUM

Programs on skin cancer prevention, sun protection and vitamin D are included in the curriculum where appropriate. Sun Protection behaviour is regularly reinforced through student/teacher activities.