

### Rationale

Over-exposure to UV (ultraviolet) rays causes sunburn, skin damage and increased risk of skin cancer. **Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.**

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.

### Objectives

- Ensure children and staff maintain a healthy UV balance all year round. Encourage sun protection **when UV Index levels reach 3 and above.**
- Educate staff and children on appropriate sun protection measures.
- Ensure the outdoor environment provides shade for staff and students;
- Support duty of care and regulatory requirements; and
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

### Strategies

- ② Staff are encouraged to check the sun protection times on a daily basis times at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/> or on the free SunSmart app or widget.
- ② Staff and students use a combination of sun protection measures from September to April, when average peak UV levels in Tasmania reach 3 and above:

#### 1. Clothing

- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming.
- Clothing exposing large amounts of shoulder and upper torso eg. singlets, tank tops and strappy dresses are not considered suitable.

#### 2. Sunscreen

- The use of SPF 30+ (or greater), broad-spectrum sunscreen is encouraged for staff and students.
- Where possible SPF 30+ broad-spectrum water-resistant sunscreen is available for use at the school in places such as classrooms and around the school yard.
- Sunscreen is encouraged at 20 minutes before going outdoors and reapplied every 2 hours (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.
- Students and staff are encouraged to apply sunscreen before coming to school.

### 3. Hats

- Students and staff are required to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps do not offer enough protection and are not recommended.

### 4. Shade

- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. The use of these areas is encouraged.
- Availability of shade is considered when planning excursions and all outdoor activities.

### 5. Sunglasses

- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067 (Category 2, 3 or 4) are encouraged but optional.

☐ **Students without a sun-safe hat or clothing must play in areas protected from the sun.**

### ☐ **Staff OHS, role modelling and education**

- When UV is 3 and above staff will role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.
- Programs on skin cancer prevention are included in teaching programs for all year levels
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, meetings, assemblies and upon enrolment.

### ☐ **Planning**

- Ensure SunSmart policy is reflected in the planning of all outdoor events and excursions.
- Where possible, outdoor activities will be planned away from the middle of the day during the period September to April (when UV levels reach 3 and above).

### ☐ **Review**

- School's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.
- **Next review date: August 2023**

This information is based on current evidence available at time of review. Last updated: August 2020

# Lambert School

## SunSmart Policy



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