



# DURACK SCHOOL

## SUNSMART POLICY

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

This policy is to be followed all year round in the Territory as the UV index is always high and very high during the peak UV periods (10:00am to 3:00pm). Staff will act as role models in line with the SunSmart program, role modelling requirements and WH&S standards. School staff members are required to adopt protective measures as put in place by this policy and the Work Health & Safety policies of the NT Department of Education (DoE).

### **AIM**

Durack School's SunSmart Policy has been developed to ensure that all children and staff are protected from damaging levels of ultraviolet radiation from the sun.

### **GOALS OF THE SUN SMART POLICY**

- Maintain a safe environment for students and staff in the school.
- Assist students to become responsible for their own sun protection.
- Increase student and community awareness about skin cancer and sun protection.
- Encourage the school community to use a combination of sun protection measures all year round.
- Ensure that families and new staff are informed of the school's Sun Smart Policy.

### **SUN PROTECTION STRATEGIES**

All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected.

Where possible, outdoor activities or events should take place before 10am or after 3:00pm, or indoor shaded/venues considered.

#### **Shade**

The school management ensures there is a sufficient number of shade structures and trees providing shade in the school grounds. In consultation with the School Board, shade provision is considered in plans for future buildings and grounds.

The availability of shade is considered when planning excursions and outdoor activities. Students are encouraged to use available areas of shade when outside.

In accordance with School Uniform Policy, students who do not have appropriate hats or outdoor clothing are to sit under the veranda outside their classroom or in the library during lunch time.

### **Break Periods**

Lunchtime is in the hottest time of the day and is thus restricted to no longer than 25 minutes of outside play. Students are encouraged to use the library and shade areas are available during this time.

### **Clothing**

- Sun protective clothing is included in our School Uniform Policy. School clothing is made of close weave fabric and includes shirts with collars and sleeves, and longer style dresses and shorts
- The wearing of Rash Shirts or T-shirts is required for outdoor water activities in full sun. Rash Shirts or T-shirts are encouraged for outdoor water activities in shaded areas (preschool water play)

### **Hats**

- Students are also required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats whenever they are outside.

### **Sunglasses**

- Students 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

### **Sunscreen**

The use of SPF 30+ broad spectrum, water resistant sunscreen is encouraged. When on camps and long periods outside students are required to reapply sunscreen every two hours. Parents are required to read and sign the Sun Safety Consent form (Attachment A) on enrolment

### **Hydration**

- Students are encouraged to bring their own water bottle to school each day.
- Water bubblers are readily available throughout the school.
- Students have a 5 minute reminder at the end of recess/lunch break to drink and go to the toiler before class commences.

### **Role Modelling**

Staff will act as role models in line with the SunSmart program role modelling requirements and WH&S standards. Staff members are required to adopt all protective measures put in place by their employer as part of employee WH&S responsibilities.

Staff act as role models by:

- ✓ wearing sun protective clothing, hats (that cover the head, face, ears and neck) and sunglasses 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 and attending outdoor school activities.

### **Sharing Information about Sun Protection**

- The children learn about skin and ways to protect their skin from the sun as a part of the HPE Curriculum
- Staff and families are provided with information on sun protection through newsletters and on enrolment.

### **When enrolling their child families are:**

- Informed of the school sun protection policy
- Informed of the compulsory school uniform and hat policy
- Encouraged to apply sunscreen to their children before coming to school
- Encouraged to practice SunSmart behaviours themselves when at the school
- Required to complete the SunSmart Consent Form.

### **SCHOOL PROCESSES**

- Sun Safety Consent Form (Attachment A) is included in the enrolment pack
- Sunscreen allergies are recorded in Medical Notes on SAMS

### **REFERENCES**

Cancer Council NT 2013 <http://www.sunsmart.com.au/>

Safe Work Australia: Guidance note for the protection of workers from the ultraviolet radiation in sunlight. <http://www.safeworkaustralia.gov.au/NR/rdonlyres/7D35C520-466D-478E-B639-12DF4E7D7151/0/UVGuidancenote.pdf>

This policy to be reviewed every two years.

Ratified by Durack School Board: 20 September 2016

Review date: September 2018