

SUN SMART POLICY

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Rationale

Modbury High School needs to ensure that students are protected from the damaging effects of excess UV radiation. A balance of ultraviolet (UV) radiation exposure is important for 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.

UV radiation cannot be seen or felt and differs from infrared radiation that we feel as heat. UV levels are determined by factors including angle of earth to the sun, time of day and time of year, but not temperature, and UV levels can be high even on cool and cloudy days. Damage from UV radiation is cumulative and irreversible.

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. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This Sun Protection Policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above;
- work towards 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; and
- ensure that families and new staff are informed of the school's SunSmart policy.

Procedure

Policy implementation times

Staff are encouraged to check the daily sun protection times each morning for our location using the free [SunSmart Global UV app](#), [SunSmart widget](#), [myuv.com.au](#) or the [Bureau of Meteorology website](#) to support the implementation of sun protection at the school.

The school uses a combination of sun protection measures for all outdoor activities from 1 August to 30 April, and whenever UV levels reach 3 and above at other times

Scheduling

A combination of sun protection measures are considered when planning outdoor activities such as camps, excursions, sporting activities and water-based activities.

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible or in the shade.

Sports days and other outdoor events are held during term 2 or earlier in the day/ at twilight where practical (note: MHS holds sports day in term 1 due to the requirement to select athletes Vista Athletics Carnival and the Secondary Schools South Australia Track and Field Championships) in term 1.

Peak UV times of the day are when the UV is highest during the daytime and differ from the local sun protection times issued by the Bureau of Meteorology, which change daily. For an implementation guide peak UV times of the day are 11.00 am-3.00 pm during daylight savings and 10.00 am-2.00 pm during non-daylight savings.

Sun protection measures

1. Hats

All students and staff are required to wear the MHS bucket hat which protects the face, ears, and neck. Baseball caps are not acceptable. The school has a limited number of spare hats available for student use.



2. Clothing

Appropriate sun protective clothing is included in the school uniform/dress code and sports uniform. Clothing made of a closely woven material including tops with collars or higher necklines and elbow-length sleeves and longer-style skirts, dresses and shorts are recommended.

Rash tops or t-shirts over bathers are recommended for outdoor swimming activities, these can be the PE polo or long sleeve polo top.

3. Sunscreen

SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the school for student and staff use. Families and staff are asked to supply their own SPF 50+ broad-spectrum, water-resistant sunscreen if they prefer a different brand.

Families with children who have sensitive skin are asked to provide a suitable SPF 50+ broad-spectrum water-resistant sunscreen for their child's use.

Families with children who are concerned about vitamin D requirements are encouraged to speak to their GP or paediatrician. Students are encouraged to apply sunscreen before or upon arriving at school.

- Students are reminded to apply sunscreen before going outdoors. Sunscreen is available in the gym, Purruna Kuu and the Front Office.
- Sunscreen is applied at least 20 minutes before going outdoors.

4. Shade

- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- Students who are not wearing a SunSmart hat or appropriate clothing are asked to play in the shade or return indoors.
- A shade audit is conducted regularly by SVC to determine the current availability and quality of shade.
- In consultation with the school Governing Council, shade provision is considered in plans for future buildings and grounds

Staff WHS and Role Modelling

For work health and safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including:

- wearing sun protective hats, clothing, and sunglasses when outside.
- apply SPF 50+ broad spectrum, water resistant sunscreen.
- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor activities.

Learning and development

Sun protection education is incorporated into the curriculum for all year levels in the Student Life Program.

Legislation

- Work Health and Safety Act 2012.

Reference

Cancer Council SA: [Secondary school resources | Cancer Council](#)

Policy review

The school council and staff will regularly monitor and review the effectiveness of the SunSmart policy (at least every three years) and revise the policy when required.