To join the SunSmart Program you need to submit a copy of your school’s Sun Protection Policy to ensure it covers the 10 SunSmart recommendations.

We recognise each school faces different challenges and may not be able to implement all recommendations immediately. The good news is you can still join the program. The SunSmart team can help you to identify the recommendations your school is currently implementing and those you can plan to implement in the future.

Choose to either:

- Use this Sun Protection Policy for your school by completing the form below.

**OR**

- Update your school’s current Sun Protection Policy to cover the 10 recommendations below.

### Using our Sun Protection Policy?

Complete this form and return it with your Contact Details and Partnership Commitment Form.

**School name:**

**Next policy review date:**

(Required every 3 years.)

### Recommendations (Please tick which option applies.)

**Implementing**

**Planning**

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<tr>
<th>Recommendation</th>
<th>Implementing</th>
<th>Planning</th>
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| **1 Scheduling outdoor activities**
  • Where possible, we schedule outdoor activities (assemblies, sport, PE, etc) outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time).
  • We consider all sun protection measures when planning outdoor activities and excursions. |             |          |
| **2 Shade**
  • The school community is committed to providing shade (trees, built and portable shade structures etc) in areas where students gather – such as eating, outdoor teaching and popular play areas.
  • We consult with the school community about future plans for shade.
  • Students are encouraged to use the shade available when outside.
  • The availability of shade is considered when planning all outdoor activities and excursions. |             |          |
## Recommendations

### Hats
- Students are encouraged 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 are not recommended.
- Students who do not have a sun-safe hat are asked to play in the shade or a suitable area protected from the sun.

### Clothing
- Sun-safe clothing is part of our school and sports uniforms. This includes shirts with collars or covered necklines, sleeves, longer style dresses and shorts, and rash vests or t-shirts for outdoor swimming.

### Sunscreen
- Where possible, SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and students.
- We encourage the use of sunscreen.
- Where possible, we apply sunscreen at least 20 minutes before going outdoors.
- Students and teachers are encouraged to reapply sunscreen every 2 hours when outdoors for extended periods.

### Role modeling of staff
Staff are asked to role model good sun protection behaviours when outside. This includes:
- Wearing sun-safe hats, clothing and sunglasses.
- Applying SPF 30+ broad-spectrum water-resistant sunscreen.
- Where possible, seeking shade.

### Curriculum
- Teachers include sun protection principles in teaching programs for all year levels.

### Informing the school community
- Sun protection information is regularly promoted to the school community through newsletters, notice boards, online, parent meetings, staff meetings, school assemblies and on student enrolment.
- Families and visitors are encouraged to use a combination of sun protection measures (sun-safe hats, clothing, sunglasses and SPF 30+ broad-spectrum water-resistant sunscreen) when attending or participating in outdoor activities.

### Sunglasses
- Staff and students are encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).

### Review
- School parent body and staff will regularly monitor and review the effectiveness of the Sun Protection Policy.
- The school’s Sun Protection Policy will be updated and submitted to Cancer Council NSW once every three years to maintain SunSmart status.