

Step 2

Submit your Sun Protection Policy.

Sun safety remains an important health and safety issue for schools. Staff, parents, students and community members need to work together to implement a comprehensive range of sun-safe strategies to reduce the risk of skin cancer for students and staff.

The new DEC Sun Safety for Students Guidelines recommend Cancer Council NSW's free SunSmart Primary School Program as an effective way to comply with the guidelines' assessment criteria.

To join the SunSmart Primary School Program, your school's Sun Protection Policy will need to address the 10 SunSmart recommendations outlined below. Whilst each school faces different challenges and may not be able to implement all recommendations straight away, you can still join and identify the measures you are currently implementing and those you will work towards in the future.

Choose to use this Sun Protection Policy for your school by completing the form below.

OR

Update your school's existing Sun Protection Policy to cover the 10 recommendations below and send it to us.

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 whether implementing or planning.)

Implementing

Planning

1 Scheduling outdoor activities

- Where possible we schedule outdoor activities outside the peak UV times of 10am – 2pm (11am – 3pm daylight saving time), in the shade or indoors. This includes assemblies, PE lessons and school sport.
- We consider sun protection when planning outdoor activities, including excursions, sport and carnivals.
- We review class timetables to minimise outdoor activity during peak UV times.

2 Shade

- We are committed to providing a variety of shade in all areas where students congregate. This includes trees, built and portable shade in areas for recess, lunch, outdoor teaching and sport.
- We encourage students to use available shade when outside.
- We conduct shade assessments to determine future shade needs.
- We consider shade or indoor options for all outdoor activities and excursions.

Recommendations (Please tick whether implementing or planning.)**Implementing****Planning****3 Hats**

- We encourage students to wear sun-safe hats that protect the face, neck and ears when outside for play, sport and teaching. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats.
- Baseball caps are not recommended and will be phased out.
- We use age and developmentally appropriate sun-safe strategies such as “No hat, play in the shade”.

4 Clothing

- We ask students to wear school and sports uniforms which are effective in minimising exposure to ultraviolet radiation, including shirts with collars or covered necklines and sleeves and longer style dresses or shorts.
- We encourage the use of rash vests or t-shirts for outdoor swimming.

5 Sunscreen

- We make available sunscreen that is at least SPF30+ broad-spectrum and water-resistant for all school activities and events.
- We encourage students to apply sunscreen before going outdoors and to reapply sunscreen every 2 hours when outdoors for extended periods.

6 Role modelling of staff

We ask staff to role model good sun protection behaviours when outside, including:

- Wearing sun-safe hats, clothing and sunglasses.
- Applying at least SPF30+ broad-spectrum water-resistant sunscreen.
- Seeking shade whenever possible.
- Phasing out baseball caps.

7 Curriculum

- We teach sun safety across Key Learning Areas in all year levels.
- Students understand why sun safety is important and learn how to take effective sun protection actions.

8 Informing the school community

- We communicate sun protection information through a range of channels e.g. our annual report, newsletters, notice boards, online, parent meetings, staff meetings, school assemblies and student orientation.
- We encourage families and visitors to role model sun protection measures when attending outdoor activities.

9 Sunglasses (Optional)

- We encourage staff and students 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).

10 Review

- The school community will regularly monitor and review the effectiveness of the Sun Protection Policy by referring to DEC's Sun Safety for Students Guidelines, Checklist and Action Plan.
- We will update the school's Sun Protection Policy in line with the SunSmart recommendations and send to Cancer Council NSW every three years.