



*East Fremantle
Primary School*



SunSmart Sun Protection Policy and Procedures

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East Fremantle Primary School

An Independent Public School

Ultraviolet Radiation Information

Ultraviolet (UV) Radiation

UV radiation damages the DNA in skin cells. Damage to the skin can result in premature ageing and increases the risk of developing skin cancer. UV levels peak in the middle of the day when the sun is directly overhead. UV radiation cannot be seen or felt and is different to infra-red radiation (heat), therefore UV levels are not directly related to temperature.

The UV Index

The UV Index indicates the strength of UV radiation reaching the ground. A UV level of 3 is high enough to cause damage to unprotected skin, therefore it is important to protect skin when the UV level is 3 and above. The higher the UV Index value, the greater the potential for skin damage. The UV forecast (not the temperature) should be used as the guide when assessing whether sun protection is required for outdoor activities. Your local UV forecast will give you the day's maximum UV strength and sun protection times (the period when UV will be 3 or higher). The UV forecast is available through the SunSmart app, the Bureau of Meteorology website, or at myuv.com.au.

In Western Australia the UV radiation levels are 3 and above for most of the year. Schools that do not require sun protection to be used for the whole of terms 2 and 3 are putting their students at risk of skin damage. For areas north of Perth, the UV Index will usually exceed 3 at midday every day of the year. Schools in this region should require students and staff to adhere to sun protection policies all year. Areas south of Perth can experience midday UV readings of less than 3 in June and July. It is acceptable to go without sun protection on days when the UV Index is below 3.

Protect yourself in **five ways** from skin cancer



SLIP

on sun
protective
clothing



SLOP

on SPF30
or higher
sunscreen



SLAP

on a sun
protective
hat



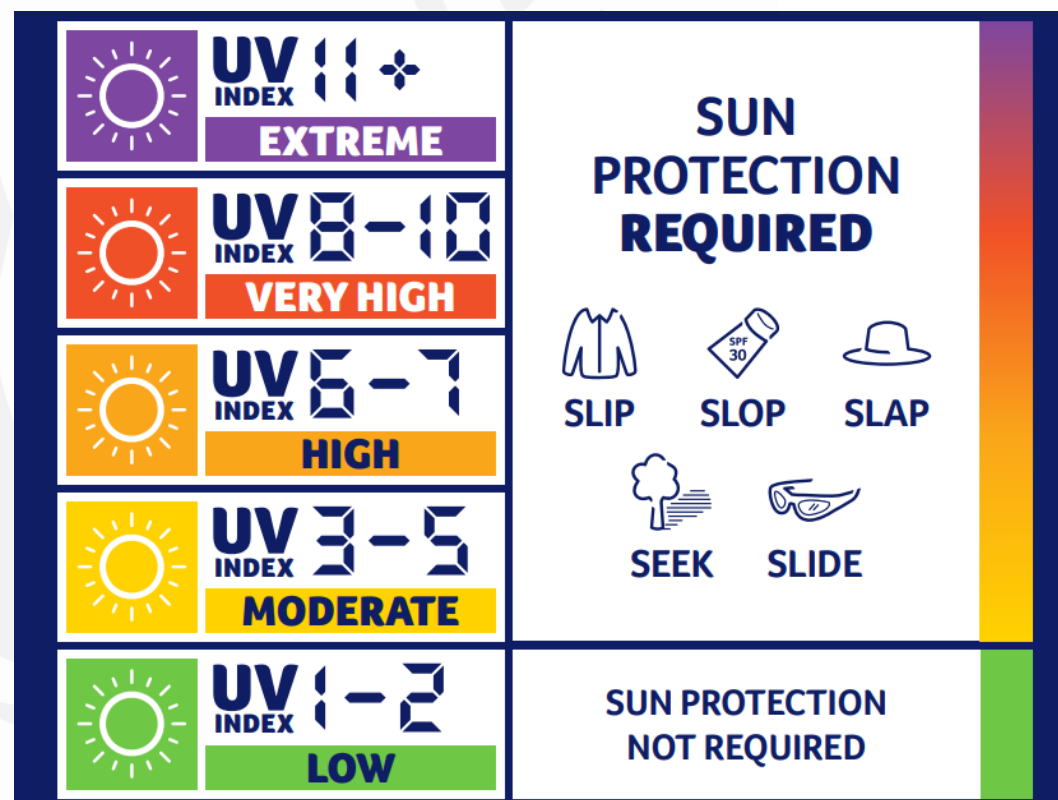
SEEK

shade



SLIDE

on sunglasses



Overview

Rationale

Skin damage, including skin cancer, is the result of cumulative exposure to ultraviolet radiation (UV) from the sun. UV damage begins to accumulate during childhood and adolescence and is associated with an increased risk of skin cancer later in life. As students and staff are at school during times of peak UV radiation, schools play a major role in providing an environment that minimises exposure and encourages long-term sun protective behaviours.

SunSmart Schools

SunSmart Schools recognise that UV levels peak in the middle of the day and that as the UV Index rises, the associated risk of skin damage also increases. A SunSmart School has a sun protection policy and practices in place which aim to reduce over-exposure to UV. Cancer Council WA recommends implementing a sun protection policy when the UV levels are 3 or above.

Aim

Our Sun Protection Policy has been developed to ensure that all students, staff, parents, and visitors attending East Fremantle Primary School are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

Implementation

This policy is to be implemented when the forecast average monthly UV Index in our area is 3 or above (available from www.bom.gov.au). Throughout Western Australia, UV levels reach 3 or above during all school terms. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions, and camps. Provisions will be made for students who do not have adequate sun protective clothing or hats and these students will not be excluded from play or physical activity, though activities may be restricted to shaded areas.

Guidelines and Procedures

Scheduling outdoor activities

- Where possible, we schedule outdoor activities such as assemblies, outdoor lessons, sport, and physical education to occur when the UV Index is below 3. When this is not possible activities are scheduled as far from 12 noon as possible to avoid peak UV times.
- When outdoor activities are scheduled at times when the UV Index is 3 or higher, maximum use is made of shade, sunscreen, hats, and long clothing to protect students and staff.
- We require students, staff, and parent helpers to wear broad-brimmed, bucket or legionnaires style hat, sun protective clothing and sunscreen for all camps, sports, and excursions. These items will be listed on the parent permission form.

Shade

- We ensure there is adequate provision of shade within the school grounds for students and staff, particularly in areas in high use areas, for example, popular play areas, where children eat lunch, canteen, and outdoor lesson areas.
- We encourage staff and students to use shaded areas when outside.
- Students who do not have appropriate hats or sun protective clothing are asked to play in the shade or a suitable area protected from the sun.
- We ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Shade provision is considered in plans for future buildings, grounds, and playground equipment.

Hats

- We require students and staff to wear a broad-brimmed, bucket or legionnaires style hat that protects the face, neck, ears, and crown of the head whenever they are outside.
- Students without hats will remain protected from the sun and encouraged to play in shaded areas.
- We encourage parents and visitors to wear broad-brimmed, bucket or legionnaires style hats when participating in and attending outdoor school activities.

Clothing

- Cool, loose-fitting sun protective clothing is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow length sleeves, and longer dresses and shorts.
- Staff and students are required to wear a rash vest or similar top for swimming/water activities (may not be appropriate for short periods of competitive swimming).

Sunscreen

- Sunscreen is available and accessible to staff and students in classrooms and around the school grounds e.g., at the school office or canteen. Sunscreen is listed as an item that students are required to buy for the school year.
- All students and staff will apply SPF30 or higher broad-spectrum water-resistant sunscreen 20 minutes before going outdoors e.g., prior to school, before lunch, PE lessons, sports, excursions etc.
- Staff will ensure that sunscreen is reapplied to the students and themselves every two hours or more frequently if it is washed or wiped off.
- Sunscreen will be stored in a cool place, out of the sun.
- The administrative team will monitor the expiry date of sunscreen and replace when necessary and at an agreed time of year.

Sunglasses (optional)

- Where practical, students are able to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4).

Role modelling and occupational health and safety

- To support health and safety legislation, staff are required to wear sun protective hats when supervising students.
- Staff, students, and visitors will act as positive role models and demonstrate SunSmart behaviour when attending school by:
 - *wearing sun protective clothing*
 - *applying SPF30 or higher broad-spectrum water-resistant sunscreen*
 - *wearing a sun protective hat (broad-brimmed, bucket or legionnaires style)*
 - *using and promoting shade*
 - *wearing sunglasses that meet the Australian Standard 1067.*

Education

- Programs on sun protection are included in the curriculum for all year levels.

Informing the school community

- Sun protection is communicated to staff, families and visitors via newsletters, social media, assemblies, daily messages, whole school activities, and parent and staff meetings.
- Families and visitors are encouraged to role model sun protection measures when attending outdoor activities.

Policy monitoring and review

- The sun protection policy will be made available to staff and parents. Parents are informed of this sun protection policy when they enrol their child/children. All new employees are briefed on the sun protection policy.
- The policy is monitored regularly and reviewed every three years.

Date for review: January 2025

For more information:

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