



SunSmart Policy

Status	Approved
Effective	Oct-21
Review	Oct-22
Owner	Principal
Approver	The Sycamore School Governing Board

1 Purpose

The Sycamore School recognises the importance of the health and safety of staff and students.

The Sycamore School SunSmart Policy demonstrates our commitment to ensuring that all our staff and students are protected from the harmful effects of the UV radiation throughout the year and ensures sun protection behaviours are integrated into our daily planning and activities.

The Sycamore School will inform parents/carers of our SunSmart requirements on enrolment and encourage any concerns with this policy to be raised with the Principal.

2 Scope

- Parents/Carers
- Students
- Staff which includes:
 - *Employees (full-time, part-time, permanent, fixed term and casual)*
 - *Contractors/subcontractors and their employees*
 - *Directors*
 - *Apprentices/Trainees*
 - *Student teachers*
 - *Volunteers*
 - *Anyone undertaking work experience or vocational placement at the school*
 - *Employee of a labour hire company*

3 Definitions/Acronyms

Hat: for the purposes of appropriate sun protection, a hat means one that covers the face, neck and ears such as a broad-brimmed, bucket or legionnaire style.

Sunscreen: sunscreen is SPF 30 or higher, broad spectrum and water resistant.

Sunglasses: close-fitting, wrap-around sunglasses that meet the Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

UV: Ultraviolet



4 Policy

The sun's ultraviolet (UV) radiation can't be seen or felt and is most intense during the middle of the day. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

Given students and staff are at school during peak UV times, schools play a major role in providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

As a member of the National SunSmart Program, The Sycamore School is committed to:

- Ensuring that students and staff wear sun protective hats.
- Ensuring the provision and maintenance of adequate, variable and quality shaded areas.
- Setting up outdoor play activities in shaded areas and encourage our students to use these areas.
- Conducting regular shade assessments to determine future needs.
- Requesting students and staff to wear sun protective clothing, such as tops with sleeves.
- Encouraging and supporting the use of sunscreen.
- Encouraging and supporting staff and students to wear sunglasses
- Including learning activities that promote sun protection.
- Considering shade availability and sun safe practice when planning outdoor events and excursions.
- Requesting families provide appropriate sunscreen for their individual child.

To reinforce and promote SunSmart behaviour parents/carers are requested to:

- Provide a hat for their young person and ensure that they wear it to and from school.
- Ensure that their young person applies sunscreen 20 minutes before departing for school.
- Teach their young person how to apply sunscreen correctly.
- Ensure that their young person has sunscreen in their bags.
- Provide sunglasses for their young person to wear when practical.
- Act as positive role models by practising SunSmart behaviour.

Our students are encouraged to:

- Be aware of the school's SunSmart Policy.
- Take responsibility for their own health and safety by being SunSmart.



5 Related Legislation

Nil

6 Related Documents

[Cancer Council Queensland](#)
[Cancer Council SunSmart App](#)
[Sun Protection Using Shade](#)

7 Procedures

When UV levels reach three and above, it is recommended by the Cancer Council that you protect your skin in five ways for maximum protection—**Slip, Slop, Slap, Seek and Slide**.

- Slip on clothing that covers as much skin as possible; it's one of the best barriers between your skin and the sun.
- Slop on a SPF 30 or higher, broad-spectrum sunscreen 20 minutes before going outdoors, and reapply regularly.
- Slap on a hat that provides protection to your face, neck and ears.
- Seek shade when outdoors. Staying under a tree and umbrella can reduce your overall exposure to UV radiation.
- Slide on some sunglasses that are close fitting, wraparound and cover as much of the eye area as possible.

To assist with implementation of this policy staff are encouraged to:

- Make SunSmart practices an integral part of the daily routine.
- Access daily local sun protection times using the free [SunSmart app](#), [myUV.com.au](#) or the Bureau of Meteorology website and to use slip, slop, slap, seek and slide when UV levels are three and above.
- Incorporate SunSmart education programs into the school curriculum.
- Involve students in understanding what it means to be SunSmart.
- Act as positive role models in SunSmart behaviour by wearing appropriate hats, sunscreen, clothing and sunglasses whenever outdoors.
- Have strategies in place for students to apply sunscreen before going outdoors.
- Ensure that students apply extra sunscreen when hats are not practical, for example during sports.
- Remind students to wear their hat when outdoors.
- Encourage students to use available areas of shade.
- Encourage families and visitors to role model sun protection behaviours when involved in school activities.
- Regularly reinforce and promote SunSmart behaviour to the wider school community.

8 Document History

Version	Description of modification	Modified by	Date
1.3	Moved to new format Updated to reflect the latest SunSmart guidelines and recommendations and the importance of Slip, Slop, Slap, Seek and Slide	Sandra Stuckey	29/10/2021
1.2	Responsibilities updated	Ronwyn Collier	27/06/2019
1.1	New Policy	Nigal De Maria	6/4/2017