	Policy Title	Sun Protection Policy
	Release Date	2024
	Review Date	2027
	Domain	Community

**1. RATIONALE**

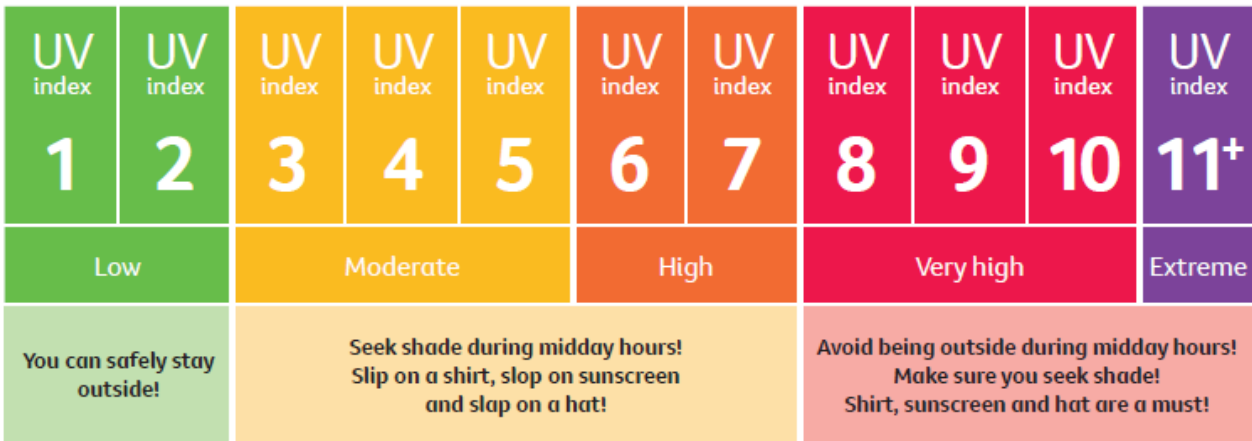
This policy provides recommendations for staff and students about how to stay safe in the sun. This document is based on the best practice guidelines published by the Cancer Council WA, including evidence-based sun protection recommendations. Implementing best practice sun protection measures and teaching sun protection habits play a significant role in reducing exposure to harmful levels of UV radiation to students and staff, potentially reducing the lifetime risk of skin cancer.

**2. SCOPE**

This Policy applies to all Servite College staff and students.

**3. THE UV INDEX**

The Ultraviolet Radiation Index indicates the strength of UV radiation reaching the ground. Sunburn is a sign of short-term overexposure, while premature aging and skin cancer are side effects of prolonged UV exposure. 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.



*World Health Organization (2002) Global UV Index: A practical guide*

The UV forecast (not the temperature) should be used to guide whether sun protection is required for outdoor activities. The UV forecast will vary according to location (how far north or south you are), time of year and some other weather conditions. Your local UV forecast will give you the day’s maximum UV strength and sun protection times, which is the period when UV will be 3 or higher. The sun protection times will be longer in summer than in winter. The UV forecast should be checked daily and is available on the free

SunSmart app for smart devices, the weather forecasts on the Bureau of Meteorology website and app, or at myuv.com.au.

In Western Australia, UV levels are 3 and above for the majority of the year. For areas north of Perth, the UV Index will usually exceed 3 at midday every day of the year. Services in these locations should require children 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 forgo sun protection on days when the UV Index is below.

#### 4. EFFECTIVE SUN PROTECTION PRACTICES

Staff are encouraged to approach sun protection in an integrated and comprehensive way with links between policy, learning activities and the physical environment.

When the UV level is 3, amendments to the following is recommended:

- Curriculum and learning activities;
- The physical environment (e.g. shade);
- Skin protection (e.g. clothing, bucket hats, sunscreen); and
- Scheduling of outdoor activities to minimise exposure during peak UV radiation times.

#### 5. RECOMMENDED SUN PROTECTION STRATEGIES

##### Scheduling

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.



**SLIP**  
on sun  
protective  
clothing



**SLOP**  
on SPF 30  
or higher  
sunscreen



**SLAP**  
on a sun  
protective  
hat



**SEEK**  
shade

### **Clothing and hats**

All staff and students are encouraged to wear their bucket hats that protects the face, neck, ears and crown of the head when outside. If your child does not have a Servite bucket hat, please visit the Uniform Shop.

Servite students are young adults and are therefore expected to take responsibility for their own sun safety.

Sun protective clothing is recommended to staff (i.e. collared shirts, elbow or full-length sleeves, longer shorts, skirts or long pants). Fabric with a UPF rating of 50+ is chosen where possible.

Staff and students wear a rashie or similar top for swimming/water activities.

### **Sunscreen**

Sunscreen is available and accessible to all staff and students.

The application of SPF30 or higher broad spectrum, water resistant sunscreen is required 20 minutes before outdoor activities. Sunscreen is reapplied after 2 hours or more frequently if washed or wiped off.

The recommended application for adults is approximately one teaspoon for each arm, leg, front of body, back of body and face (including neck and ears). This equates to approximately seven teaspoons for a full body application. Application for children should be adjusted proportionately according to their body size.

If a student feels they need sunscreen, they should ask a staff member.

While sunscreen will always be provided by the College, students are encouraged to bring their own sunscreen to outdoor events such as swimming and sporting carnivals, excursions, camps and outdoor education expeditions.

### **Shade**

The College has sufficient shade in outdoor areas.

Students are actively encouraged to use shade for outdoor play activity. Outdoor activities are planned to occur in shaded areas.

The availability of shade is considered when planning excursions and all outdoor activities.

### **Other recommendations**

Positive role modelling of sun protection behaviour is demonstrated by all staff, parents and visitors.

Activities on skin cancer prevention are included in learning experiences.

Physical activity and play in conjunction with the sun protection policy is promoted.

## **6. REVIEW HISTORY**

Year of Review	Reviewed By	Amendments
2024	College Exec	
2027	Due for review	