



# Aberfoyle Park High School

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## SunSmart Policy

This policy applies to all school events on and off-site

### RATIONALE

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health

### OBJECTIVES

This SunSmart policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- ensure all students and staff have some UV radiation exposure for vitamin D
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's SunSmart policy

Staff are encouraged to access the daily sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times. Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

### SUNSCREEN

Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.

Sunscreen should be applied at least twenty minutes before going outdoors (where possible) and reapplied every two hours if outdoors for an extended period.

Strategies are in place to remind students to apply sunscreen before going outdoors and reapply as required.

### STAFF

Staff will set a good example in relation to SunSmart behaviour as part of WHS UV risk controls and role modelling, when the UV is 3 and above. For further information, download DECD Inclement Weather Procedure (ID 13/7294)

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