

SUN PROTECTION POLICY

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 during childhood and adolescence is a critical 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. Sensible sun protection when UV is 3 and above does not put people at risk of Vitamin D deficiency.

This sun protection policy has been developed to:

- Encourage the entire school community to use a combination of sun protection measures whenever the 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.
- Assist students to be responsible for their own sun protection
- Ensure families and new staff are informed of the school's sun protection policy.

School Practice

1. During Term 1 and Term 4 students must wear a Westport logo bucket hat for all outdoor activities unless instructed otherwise.
2. During Term 2 and Term 3 if the UV rating is below 3, hats will be optional. Students may choose to wear a Westport beanie. If hats are required during this time, due to the UV rating being 3 or over an announcement will be made from the PA system.
3. Westport school uniform provides adequate UV protection (over 30%+), with collars, longer sleeves, longer style shorts and dresses. Students wear rash vest or T-shirts in outdoor aquatic activities.
4. Students will be encouraged to play, and outside lessons held, under our many cool and shady areas on hot days and will be reminded to take in fluids.
5. Parents may supply SPF 30+ broad spectrum, water resistant sun-screen for their children, which their children will independently apply. Application of sunscreen should be to clean, dry skin at least 20 minutes prior to going outdoors and reapplied more frequently when students are involved in water activities, or extended outdoor activities.
6. Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun will be required to 'sit out' in shaded, undercover areas during play periods.
7. Sports Days may be re-scheduled and alternative times and/or dates set if on the day the forecast in The Advertiser is 32°C or more.
8. Care is taken during the peak UV radiation times during Term 1, 3 and 4 and extended time in direct sun will be avoided, wherever possible, after 10.00am and students will be encouraged to use available areas of shade when outside.
9. Staff will wear high visibility wide brim or bucket hats, outside and are encouraged to use SPF 30+ broad spectrum, water resistant sun-screen and sunglasses.
10. The Australian Curriculum Health and Physical Education learning area, will inform students about appropriate sun and heat protection and maintaining Vitamin D levels in winter when UV levels are below 3, through SunSmart protocols.