

2025

# SunSmart Policy

Bagdad Primary School

**Policy Statement:**

Cancer Council Tasmania recognises the importance of promoting healthy sun protection practices through policy development in schools, therefore, has developed this policy to ensure that students and staff are protected against overexposure to UV.

Over-exposure to ultraviolet (UV) radiation in childhood and adolescence is a major risk factor for developing skin cancer later in life. Schools can play a significant role toward reducing the lifetime risk of skin cancer.

**Rationale:**

- Bagdad Primary School aims to protect students and staff from unnecessary exposure to the sun during the school day. The school endeavours to develop positive SunSmart attitudes and actions by students.
- Over exposure to UV rays from the sun causes sunburn, long term skin damage and dramatically increases the risk skin cancer.
- Being SunSmart in Tasmania involves a whole of the year approach. It means using sun protection in the spring/summer when the UV is 3 and above (September to April) and SunSmart sun exposure for Vitamin D in Autumn/Winter (May to August). Therefore, schools need to implement sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UVR risks.

**Guidelines:**

- SunSmart guidelines will be enforced between September and April
- Staff are encouraged to act as role models by practising SunSmart behaviours.
- Student uniforms are UV safe polo shirts.
- Staff and students will wear broad brimmed hats for all outdoor activities when the UV is 3 and above.
- Children who do not wear a broad brimmed hat outside during the Spring/Summer months will be required to use the shade areas for play.
- Shade shelters are provided for students and staff use at outdoor events during Spring/Summer.
- Staff and students are encouraged to access the daily local sun protection times and sun protection times at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/> or on the free SunSmart app or widget.
- Staff and students use a combination of sun protection measures from September to April, when average peak UV levels in Tasmania reach 3 and above:

**Specific Sun Protection strategies utilised are:**

**1. Slip on sun protective clothing.**

- Ensure the wearing of tops with long sleeves or three-quarter length sleeves, preferably with a collar. Shorts or pants should also be longer or at least knee length.
- Children should not be allowed to wear clothes exposing excessive amounts of shoulder and upper torso (eg: singlets, tank tops, muscle tops and strappy dresses).

**2. Slop on SPF 30+ (or higher) sunscreen**

- Ensure SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen is available for staff and children's use. Sunscreen is applied 20 minutes before going outdoors and reapplied every two hours if outside for long periods (more frequently if swimming or heavily sweating). Sunscreen is also available and accessible for use at the school in places such as classrooms and around the school yard. Students are encouraged to provide their own broad-spectrum, water-resistant SPF 30 or higher sunscreen.
- Sunscreen should be stored in a cool, dry place and the expiry date monitored.
- Strategies are in place to remind students to apply sunscreen before going outdoors.

**3. Slap on a hat**

- Children and staff are required to wear hats that protect their face, neck, and ears, i.e.: legionnaire, broad brimmed or bucket hats, whenever they are outside.) please note baseball caps do not offer enough protection and are therefore not recommended).

**4. Seek Shade**

- Ensure there is sufficient shelter and trees providing shade in the outdoor area (see enclosed sheet).
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade.

**5. Sunglasses**

Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067 (Category 2, 3 or 4) are encouraged but optional.

### **Staff WHS, role modelling and education**

- When UV is 3 and above staff will role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.
- The school ensures the availability of Broad Brimmed Hats for all students.
- Sunscreen is available for student use during outdoor activities when the UV is 3 and above. Where possible outdoor events are planned away from the middle of the day and peak UV times.
- Information on sun protection is regularly handed out to parents through the school newsletter.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
- Staff use every possibility available to increase student awareness of safe sun protection.
- SunSmart policy updates and requirements will be made available to staff, families, and visitors.
- Programs on skin cancer prevention are included in teaching programs for all year levels.

### **Review**

The school's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.

### **Relevant documents/links**

Department of Education, Children and Young People: Sun Protection Policy (Doc ID: TASED-4-5152)

Tasmanian Catholic Education Commission: Workplace Health and Safety Policy

Work Health and Safety Act 2012 Tasmania

<https://www.education.tas.gov.au/documentcentre/Documents/Sun-Protection-Policy.pdf>

<http://www.cancertas.org.au/prevent-cancer/sunsmart/>

<http://www.cancertas.org.au/vitamin-d/>

<http://www.generationsunsmart.com.au/>

<http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>

<http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>

**This Policy relates to the following Legislation and Standard:**

**[Work Health and Safety Act](#)**

**Date: December 2024**

**Review date: December 2025**

This information is based on current evidence available at time of review. Last updated: July 2021

For more information:

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