

## SunSmart Guidelines

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 from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.



These SunSmart Guidelines have 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 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 guidelines

Staff are encouraged to access the SunSmart UV Alert

<http://www.bom.gov.au/sa/forecasts/adelaide.shtml?ref=hdr> or a smartphone app to find out daily local sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities from 1 September to 30 April and whenever UV levels reach 3 and above at other times:

### 1. Clothing

Sun protective clothing is included in the school uniform and sports uniform eg shirts with collars. The clothing is cool, loose fitting and made of closely woven fabric.

### 2. Sunscreen

Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. Sunscreen is to be applied at least twenty minutes before going outdoors (where possible) and reapplied every two hours if outdoors for an extended period.

### 3. Hats

All students and staff are strongly encouraged to wear hats that protect their face, neck and ears eg legionnaire, broad brimmed or bucket hats, whenever they are outside.

### 4. Shade

The College ensures there is sufficient shelter and trees providing shade in the school grounds, particularly in areas where students congregate eg lunch areas, canteen and outdoor lesson area. Students are encouraged to use available areas of shade when outside.

### 5. Sunglasses

Students and staff are encouraged to wear close-fitting, wraparound sunglasses that meet the Australian Standard 1067:2003 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## Curriculum

Programs on skin cancer prevention, sun protection and vitamin D are included in the curriculum where appropriate.



## MOUNT CARMEL COLLEGE

A Catholic co-educational Years 8 - 12 secondary school in the Josephite tradition. Years 7 - 12 in 2019.

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