



# SunSmart Policy Statement

Ashmore State School is committed to providing a safe and healthy environment that protects students, staff and visitors from the harmful effects of ultraviolet (UV) radiation. This policy supports the development of lifelong SunSmart behaviours and aims to reduce the risk of skin damage and skin cancer through education, role modelling and the implementation of effective sun protection strategies.

Queensland experiences high UV levels all year round, including on cool or cloudy days. As UV damage during childhood and adolescence increases the risk of developing skin cancer later in life, Ashmore State School recognises the importance of implementing SunSmart practices during all outdoor activities when the UV Index is 3 or above. In Queensland, this applies throughout the entire year.

The purpose of this policy is to:

- Protect students, employees and visitors from overexposure to UV radiation
- Promote positive SunSmart behaviours within the school community
- Encourage personal responsibility for skin cancer prevention and early intervention
- Provide a safe outdoor environment that supports SunSmart practices
- Ensure SunSmart strategies are consistently implemented across all school activities and events

This policy applies to all students, employees, parents/carers, volunteers and visitors at Ashmore State School. It applies to all school activities, including:

- Classroom and outdoor learning experiences
- Sporting activities and carnivals
- Excursions and camps
- Break times and special events

*This policy has been developed in consultation with school leadership, staff and the wider school community and aligns with recommendations from Cancer Council Queensland.*

## SunSmart Procedures

### Daily Sun Protection Times

We will implement sun protection measures whenever the UV Index is 3 or above. In Queensland, this occurs year-round.

Employees are encouraged to access daily local sun protection times through:

- The SunSmart app
- The BOM Weather app
- Bureau of Meteorology forecasts and local weather updates

### Scheduling of Outdoor Activities

Whenever practical, outdoor activities are scheduled to minimise time outdoors during periods when the UV is high to extreme (UV 6 or above).

### Role Modelling by Employees

Employees at Ashmore SS are expected to model SunSmart behaviours by:

- Wearing SunSmart hats during outdoor duties and activities
- Wearing sun-protective clothing
- Applying SPF 50+ broad-spectrum sunscreen
- Wearing sunglasses that meet Australian Standards
- Seeking shade whenever possible
- Reinforcing SunSmart expectations with students
- Teachers and staff are encouraged to complete Cancer Council's free online learning modules (Generation SunSmart)

### Curriculum and Education

We will provide ongoing education about UV safety and skin cancer prevention through:

- Health and Physical Education curriculum opportunities
- Classroom discussions and awareness activities
- Regularly reinforce and promote SunSmart behaviour to the whole school community via newsletters, website posts, social media posts, assemblies, parent/teacher meetings, or through enrolment interviews and employee inductions

Students will be encouraged to take responsibility for their own sun safety and support others in practising SunSmart behaviours.

<b>Sun Protection Strategies</b>	
<b>Seek Shade</b>	<p>We will:</p> <ul style="list-style-type: none"> <li>• Encourage students and staff to use shade areas during outdoor activities</li> <li>• Provide adequate shade in outdoor play and learning areas where practicable</li> <li>• Conduct regular shade assessments to identify future shade needs</li> <li>• Encourage the use of undercover areas for outdoor learning and physical activity during high UV periods</li> <li>• Ensure shade is available at sporting carnivals and outdoor events whenever possible</li> <li>• Provide a variety of shade (malls, library, multipurpose courts) in all areas where students congregate including areas for lunch, outdoor teaching and sport</li> </ul>
<b>Slip on Sun-Protective Clothing</b>	<p>Students are encouraged to wear clothing that covers as much skin as possible, including:</p> <ul style="list-style-type: none"> <li>• Shirts with collars and sleeves</li> <li>• Longer style shorts, dresses or skorts</li> <li>• Rash shirts or swim shirts during swimming activities</li> <li>• Appropriate clothing for outdoor events and sports days</li> </ul>
<b>Slap on a Hat</b>	<p>Students and staff are expected to wear SunSmart hats that protect the face, neck and ears during outdoor activities. Suitable hats include:</p> <ul style="list-style-type: none"> <li>• Broad-brimmed hats</li> <li>• Ashmore SS Bucket hat for students</li> <li>• Legionnaire hats</li> </ul> <p>Peak caps and visors are not considered SunSmart and are not suitable alternatives. Students without their school hat will be required to play in shaded or covered areas during break times.</p>
<b>Slop on Sunscreen</b>	<p>We encourage the use of SPF 50 or higher broad-spectrum, water-resistant sunscreen for all outdoor activities. Ashmore SS will:</p> <ul style="list-style-type: none"> <li>• Apply sunscreen 20 minutes before going outdoors, strategies in place to encourage this</li> <li>• Encourage reapplication every two hours when outdoors for extended periods</li> <li>• Promote sunscreen use before sport, excursions and outdoor events</li> <li>• Provide sunscreen in school sports kits and at major outdoor events where practicable</li> </ul> <p>Parents/carers are encouraged to support SunSmart practices by applying sunscreen to students before school each day.</p>
<b>Slide on Sunglasses</b>	<p>Students and employees are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard AS1067 (Category 2, 3 or 4) when outdoors. Sunglasses should provide protection for the eyes and surrounding skin area.</p>

#### **Parent/Carer Responsibilities**

Parents/carers are encouraged to:

- Provide the approved Ashmore SS hat for their child
- Ensure their child wears appropriate SunSmart clothing
- Apply SPF 50+ sunscreen before school each day
- Encourage responsible SunSmart behaviours outside of school
- Support the implementation of the school's SunSmart Policy
- Role model sun protection behaviours when involved in outdoor school activities

#### **Student Responsibilities**

Students are expected to:

- Follow the school's SunSmart expectations
- Wear the approved Ashmore SS hat during outdoor activities
- Use sunscreen appropriately
- Seek shade where possible
- Act responsibly and support others in maintaining SunSmart practices

#### **Policy Review**

*This policy will be reviewed every three years, or earlier if required, to ensure ongoing alignment with current SunSmart recommendations and school practices.*

**Effective Date:** May 2026

**Next Review Date:** May 2029