



Coningsby State School

1312 Bruce Highway, Farleigh QLD 4741

PO Box 8960, Mount Pleasant QLD 4740

Phone: 07 4959 8315

admin@ConingsbySS.eq.edu.au

www.ConingsbySS.eq.edu.au

SunSmart Policy

Rationale

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

Purpose

This SunSmart policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

Procedures

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the free [SunSmart app](#), or at sunsmart.com.au.
- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**.
- Outdoor activities should be minimized between 10am-3pm where possible.
- As UV levels reach 3 and above all year round in Queensland, the Sun Protection policy will be implemented all year round.

The sun protection times are a forecast from the Bureau of Meteorology for the time-of-day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types.

Environment

Seek shade

- The school council makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g., where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Outdoor experiences are rescheduled, whenever possible, to minimise time outdoors between 10am and 3pm.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the school Parents and Citizens Association, shade provisions are considered in plans for future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.

Behaviours

Slip on sun protective clothing

- Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming.

Slap on a sun protective hat

- All students and staff wear hats that protect their face, neck and ears (legionnaire, broad-brim or bucket hat), whenever they are outside. Caps and visors are not considered a suitable alternative.

Slop on sunscreen

- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use.
- Sunscreen is applied in accordance with the manufacturer's directions (applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g., reminder notices, sunscreen monitors, sunscreen buddies).

Slide on sunglasses [if practical]

- Where practical students wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Learning

- Programs on sun protection are included in the curriculum for all year levels.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

OHS

- As part of OHS UV risk controls and role-modelling, staff, families and visitors are requested to practice SunSmart behavior by:
 - wearing a sun protective hat, covering clothing and, if practical, sunglasses;
 - applying sunscreen; and
 - seeking shade whenever possible.

Monitoring and review

- The school Parents and Citizen Association and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- The SunSmart policy is available to staff, students, families and visitors.

Next policy review: November 2026

National Guidelines

- Cancer Council's SunSmart Position Statements: <https://www.cancer.org.au/preventing-cancer/sun-protection/sunsmart-position-statements.html>
- Under the National Quality Framework early childhood education and care services are required to have a sun protection policy <https://www.acecqa.gov.au/nqf/national-law-regulations/national-law>
- Department of Education recommendations for sun safety within schools: <https://www.health.qld.gov.au/public-health/schools/sun/protection>
- Department of Education School Dress Code: <http://ppr.det.qld.gov.au/education/management/Procedure%20Attachments/Student%20Dress%20Code/student-dress-code.pdf>

Sun protection resources

- Cancer prevention resources: quest.org.au
- Monitor your areas daily UV: <http://www.myuv.com.au/>
- National SunSmart Program: <http://sunsmart.com.au/>
- Professional Development at Generation SunSmart: <https://www.generationsunsmart.com.au/>
- Department of Education sun safety educational materials: <https://www.health.qld.gov.au/public-health/schools/sun/resources/>