

## Policy

18. Does your school have an active sun protection policy endorsed by the school council/community?  
 yes       no  
 no but we are planning one
19. Does your school's sun protection policy address staff OH&S issues regarding occupational UV exposure levels?  
 yes       no  
 we have a separate staff OH&S policy which includes UV
20. Who was involved in the development of the sun protection policy?  
 principal       school council  
 teachers       parents/families  
 students       Cancer Council SA  
 other (please specify) \_\_\_\_\_
21. What obstacles (if any) has your school encountered in introducing a sun protection policy?  
 limited support by teachers/staff  
 limited support by parents/families  
 limited student cooperation  
 cost of sunscreen  
 cost of shade development  
 not a priority for school council  
 insufficient information on policy development  
 other (please specify) \_\_\_\_\_
22. Does your school agree to complete a SunSmart policy review every two years?  
 yes       no
23. Does your school use sun protection measures from May to August when average UV levels are below 3?  
 yes       no

Please email, post or fax your completed application, including a copy of your school's **Sun Protection Policy**, to:

email [pbekkers@cancersa.org.au](mailto:pbekkers@cancersa.org.au)

post Pam Bekkers, SunSmart Schools Program, Cancer Council SA, PO Box 929 Unley BC SA 5061

fax Attn-Pam Bekkers, 08 8291 4268

For more information about the application process, please phone:

Pam Bekkers 08 8291 4157

Joanne Rayner 08 8291 4147

February 2011

## National SunSmart Schools Program application form

### School details

School name: \_\_\_\_\_

Contact name: \_\_\_\_\_ Position: \_\_\_\_\_

School address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Ph: \_\_\_\_\_ Fax: \_\_\_\_\_

Contact email: \_\_\_\_\_

General school email: \_\_\_\_\_

School type:       Catholic       Government       Independent       Other: \_\_\_\_\_

School enrolment: \_\_\_\_\_ Year levels taught on campus: \_\_\_\_\_

Gender composition:       Co-ed       Boys       Girls      Date: \_\_\_\_\_

**Your privacy:** your school contact details will be used to provide you with information and resources relating to the Cancer Council's SunSmart Program. All contact information will be at all times kept private and confidential, and no identifying information will be used for statistical purposes. All documents and photos received will not be used unless prior permission is obtained. Please do not send originals as these documents will not be returned. If you wish to discuss the storage and use of your details, please contact Cancer Council SA on 8291 4147 or write to us at [jrayner@cancersa.org.au](mailto:jrayner@cancersa.org.au)

A healthy balance of the sun's ultraviolet radiation (UV) exposure is important for health.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer by the age of 70. Overexposure to UV during childhood and adolescence is a major cause of skin cancer.

Sun protection is needed whenever UV levels reach 3 and above. In South Australia average UV levels are 3 and above from September to the end of April. During these months take extra care between 10 am – 3 pm when UV levels reach their peak.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in South Australia, average UV levels are below 3 so sun protection isn't usually needed during these months. It is recommended that UV levels are monitored, particularly during May and August, and that sun protection is used on any day when UV levels are 3 and above.

## Sun protection measures

1. *Does your school refer to the SunSmart UV Alert to find out the times sun protection is needed for the day?*
  - yes—go to question 2
  - no—go to question 3
  - don't know what it is—go to question 3
2. *Where do you access SunSmart UV Alert information from?*
  - daily newspaper
  - SunSmart website <sunsmart.org.au>
  - Bureau of Meteorology website <www.bom.gov.au/weather/uv/>
  - other (please specify)  
\_\_\_\_\_
3. *Are students required to wear hats at your school?*
  - yes       no
4. *What types of hats are allowed at your school?*
  - broad brimmed hats (at least 7.5 cm brim)
  - legionnaire hats
  - bucket hats (at least 6 cm brim and deep crown)
  - other (please specify)  
\_\_\_\_\_
5. *During a typical day from 1 September – 30 April, about how many students would be wearing broad brimmed, legionnaire or bucket hats?*
  - all of the students
  - most of the students
  - half of the students
  - some of the students
  - very few of the students
6. *What are the consequences for a student not having an appropriate sun protective hat or clothing when outside?*
  - they must remain in the shade—play allowed
  - they must return indoors
  - they must wear a hat from a class set of hats
  - no restrictions
  - other (please specify)  
\_\_\_\_\_
7. *Does your school require that teachers/staff wear broad brimmed, bucket or legionnaire hats while outside?*
  - yes       no
8. *Does your school request that families and visitors wear sun protective hats when participating in or attending school outdoor activities?*
  - yes       no
9. *Are any of the following items included in your dress code/uniform?*
  - shirts with collars
  - tops with higher necklines
  - shirts with elbow-length sleeves
  - longer-style shorts/skirts
  - sleeveless/singlet tops
  - other (please specify)  
\_\_\_\_\_
10. *Are any of the following items included in your sports uniform?*
  - shirts with collars
  - tops with higher necklines
  - shirts with elbow-length sleeves
  - longer-style shorts/skirts
  - sleeveless/singlet tops
  - rash vest or t-shirts for outdoor swimming
  - sun protective hats (bucket, broad brimmed, legionnaire)
  - caps
11. *Does your school encourage the use of wraparound sunglasses that meet Australian Standard 1067 (Sunglasses—Category 2,3 or 4)?*
  - yes       no
12. *What obstacles (if any) would prevent your school from including sunglasses in your policy?*
  - cost
  - safety
  - practicality of each student having their own pair of sunglasses
  - other (please specify)  
\_\_\_\_\_

13. *What happens at your school regarding the use of SPF 30+ broad spectrum sunscreen?*
  - sunscreen is available to students in all classrooms
  - families are encouraged to supply their children with sunscreen
  - students are encouraged to come to school wearing sunscreen
  - sunscreen is available for student use on specific occasions e.g. PE, sports days, excursions
  - sunscreen is available at various points around the school e.g. canteen, PE
  - time is given for the application of sunscreen before recess and the lunch break
  - students are reminded to apply sunscreen before going outdoors
  - with parental consent, students with naturally very dark skin (skin that rarely or never burns) are not required to wear sunscreen
  - sunscreen is not supplied
14. *Are any of the following practises in place to provide additional protection to children during peak UV times (10 am – 3 pm)?*
  - sport is held in the morning
  - lunch is eaten inside
  - lunch is eaten in special shaded areas
  - we allow play indoors
  - outdoor assemblies are held earlier in the day, indoors or under shade
  - PE/outdoor classes are held earlier in the morning or indoors
  - sports carnivals are held earlier in the morning or at twilight
  - shade is considered when planning outdoor excursions/events
  - outdoor excursions are scheduled early in the day
  - we have extended recess and shortened lunch break
  - other (please specify)  
\_\_\_\_\_

## Environment

15. *Please describe the available shade at your school.*
  - we have shady trees
  - we have some built shade structures
  - we have some portable shade structures
  - shade is not currently a priority issue
  - we have definite plans to increase shade in the next 12 months
  - shade poses funding concerns for our school
  - we have conducted a shade audit to determine the quality and level of shade at the school
  - we have plans to conduct a shade audit to determine the quality and level of shade at the school

## Curriculum

16. *In what year level(s) is sun protection education incorporated into the curriculum?*
  - Reception
  - Year One
  - Year Two
  - Year Three
  - Year Four
  - Year Five
  - Year Six
  - Year Seven
17. *How will sun protection and vitamin D education be incorporated into your school's curriculum?*
  - class teachers will be responsible
  - our Health/PE specialist is responsible
  - we will use school assemblies to encourage sun protection behaviour
  - we will have whole school activities such as SunSmart days, tree-planting, etc
  - other (please specify)  
\_\_\_\_\_