

## Step 2

### Submit your Sun Protection Policy.

To join the SunSmart program, submit a copy of your Sun Protection Policy to ensure it covers the SunSmart recommendations. We recognize each school faces different challenges and may not be able to implement all recommendations immediately. The good news is you can still join the program. We can help you to identify the recommendations your school is currently implementing and those you can plan to implement in the future.

#### Choose to either:

- Update your school's Sun Protection Policy to include the recommendations below.  
**OR**  
 Use the Cancer Council NT's Sample Sun Protection Policy as attached.

#### This policy will help schools meet some of the legislations and standards requirements:

- [Sun Safety in Schools Policy](#)
- [School Uniforms Policy](#)
- [Education Act](#)
- [Education and Care Services \(National Uniform Legislation\) Act](#)
- [Work Health and Safety \(National Uniform Legislation\) Act](#)
- [Education and Care Services National Regulations](#)

#### Rationale

Exposure to ultraviolet (UV) radiation in childhood is a major risk factor for developing skin cancer later in life. By implementing a best-practice Sun Protection Policy and procedures, schools can help protect students, staff, educators from UV radiation and teach students good sun protection habits from an early age. Sun protection practices are required in the Northern Territory all year round whenever UV levels are 3 or above and extra care is needed between 10am-3pm when UV levels reach their peak.

#### Procedures

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the **SunSmart widget** on the school's website, the free **SunSmart app**, or at **www.bom.gov.au**.

#### Recommendations (Please tick ✓ which applies.)

Implementing      Planning

##### 1 Scheduling outdoor activities

- Where possible, we schedule outdoor activities (assemblies, sport, PE, etc.) outside peak UV times of 10am-3pm.
- We consider combination of all sun protection measures when planning outdoor activities and excursions whenever the UV levels are 3 or above.





##### 2 Shade

- The school community is committed to providing shade (trees, built, and portable shade structures etc.) in areas where students gather - such as eating, outdoor teaching or popular play areas.
- We consult with the school community about future plans for shade.
- Students are encouraged to use the shade available when outside.
- The availability of shade is considered when planning all outdoor activities and excursions.

Recommendations (Please tick ✓ which applies.)	Implementing	Planning
<p><b>3 Hats</b></p> <ul style="list-style-type: none"> <li>Students are encouraged to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps are not recommended.</li> <li>Students who do not have a sun-safe hat are asked to play in the shade or a suitable area protected from the sun.</li> </ul>	<input type="checkbox"/>  <input type="checkbox"/>	<input type="checkbox"/>  <input type="checkbox"/>
<p><b>4 Clothing</b></p> <ul style="list-style-type: none"> <li>Sun-safe clothing is part of our school and sports uniforms. Staff, educators and students are required to wear sun-safe clothing that covers as much of the skin (the neck, arms, shoulders and back) as possible. This includes shirts with collars or covered necklines, sleeves, longer style dresses and shorts, and rash vests or t-shirts for outdoor swimming.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>5 Sunscreen</b></p> <ul style="list-style-type: none"> <li>Where possible, SPF 50+ (or higher), broad-spectrum, water-resistant sunscreen is available for staff and students.</li> <li>We encourage the use of sunscreen when going outside.</li> <li>We allow time to apply sunscreen at least 20 minutes before going outdoors.</li> <li>Students and teachers are encouraged to reapply sunscreen every 2 hours when outdoors for extended periods.</li> </ul>	<input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p><b>6 Sunglasses [Optional]</b></p> <ul style="list-style-type: none"> <li>Staff and students are encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4).</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>7 Role modelling</b></p> <ul style="list-style-type: none"> <li>Staff are asked to role model good sun protection behaviors when outside. This includes: <ul style="list-style-type: none"> <li>- Wearing sun-safe hats, clothing and sunglasses.</li> <li>- Applying SPF 50+ (or higher), broad-spectrum, water-resistant sunscreen.</li> <li>- Where possible, seeking shade.</li> </ul> </li> <li>Families and visitors are encouraged to use a combination of sun protection measures (sun-safe hats, clothing, sunglasses and SPF 50+ (or higher), broad-spectrum, water-resistant sunscreen) when attending or participating in outdoor activities.</li> </ul>	<input type="checkbox"/>          <input type="checkbox"/>	<input type="checkbox"/>          <input type="checkbox"/>
<p><b>8 Curriculum</b></p> <ul style="list-style-type: none"> <li>Teachers include sun protection principles in teaching programs for all year levels.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>9 Informing the school community</b></p> <ul style="list-style-type: none"> <li>Sun protection information is regularly promoted to the school community through newsletters, notice boards, school's website, parent meetings, staff meetings, school assemblies and on student enrolment.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>10 Review</b></p> <ul style="list-style-type: none"> <li>School parent body and staff will regularly monitor and review the effectiveness of the Sun Protection Policy.</li> <li>The school's Sun Protection Policy will be updated and submitted to Cancer Council NT once <b>every three years</b> for review to maintain SunSmart status.</li> </ul>	<input type="checkbox"/>  <input type="checkbox"/>	<input type="checkbox"/>  <input type="checkbox"/>