

# Forest Education Foundation Sun Protection Policy

## Rationale

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 during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

## Objectives

This sun protection policy has been developed to:

- encourage children and staff to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe environment for students, staff, teachers, and participating adults
- ensure new staff are informed of the FEF's sun protection policy

Staff are encouraged to access the daily local sun protection times on the SunSmart app or <http://www.myuv.com.au/>, to assist with implementing this policy.

The FEF uses a combination of sun protection measures for all outdoor activities **during terms one, three and four and whenever UV levels reach 3 and above at other times.**

## 1. Clothing

When booking excursions, teachers are provided with Excursion Preparation documentation that recommends students wear school uniforms. School uniforms comply with Cancer Councils policies. FEF staff are advised to wear loose fitting clothes that cover as much skin as possible. Clothing made from cool, tightly woven fabric is recommended.

## 2. Sunscreen

- SPF 30 or higher broad-spectrum, water-resistant sunscreen is available for FEF staff use.
- Schools must provide their own SPF 30 or higher broad-spectrum, water-resistant sunscreen. This is stated in the Excursion Preparation document.
- Teachers are responsible for reminding students to apply sunscreen.

## 3. Hats

All students and staff are advised to wear hats whenever they are outside. FEF will provide appropriate hats, to FEF staff, on request.

## 4. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The availability of shade is considered when planning excursions.
- Students are encouraged to use available areas of shade.
- Field sites are selected based on consideration of shade protection and shelter.

