



**Adelaide  
High School**

Not only  
for school  
**but for life.**

## **Sun Smart Policy**



### Record History

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## Rationale

SunSmart decision making is essential for protecting against the harmful effects of ultraviolet (UV) radiation from the sun. Prolonged exposure to UV radiation significantly increases the risk of skin damage, premature aging, and skin cancers, including melanoma, which is the deadliest form of skin cancer.

The World Health Organization (WHO) states that overexposure to UV radiation is a primary cause of most skin cancers. UV radiation is most intense between 10am and 4pm, even on cloudy days, as up to 80% of UV rays penetrate clouds. Additionally, UV exposure accumulates over a lifetime, meaning even brief, repeated exposure can have long-term effects. Furthermore, overexposure during youth dramatically raises the risk of developing skin cancer later in life.

## Using sun protection

While students at Adelaide High School are encouraged to learn about and take responsibility for their own sun protection behaviours, this policy outlines key expectations during Terms 1 and 4 and apply on days with high UV rating in Term 3.

## Clothing

It is an AHS uniform requirement that during the times that this policy applies, the Adelaide High School hat must be worn for all outdoor activities. Baseball or peak caps are not acceptable with the exception being the on-water components of rowing.

Sun protective clothing is considered within the school uniform code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts.

## Sunscreen

While students are encouraged to choose and provide their own SPF 50 or higher broad-spectrum, water-resistant sunscreen, the school will also make this available via the Gymnasium, Student Services and staff members leading activities.

Where possible sunscreen should be applied at least 20 minutes before going outdoors and re-applied every two hours if remaining outdoors.

## Sunglasses

UV rays can also harm the eyes, contributing to cataracts and other ocular conditions, and as such quality sunglasses are also recommended (although they will need to be removed for activities where they pose a safety risk).

## Shade

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports Days and other outdoor events will be held during term two or they may be held earlier in the day where practical.

Students are encouraged to use available areas of shade when outside during break times.

## Curriculum

Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

## Resources

[Cancer Council](#)

[Adelaide High School Uniform Policy](#)

[Ordering SunSmart clothing](#)

[Campus School & College Wear](#)

[New Uniform online ordering](#)