



# SunSmart policy

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## Rationale

Too much UV radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. Sun protection is needed whenever the UV Index reaches three or above. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. UV exposure is a known Occupational Health and Safety risk for staff.

In Victoria, the UV levels are generally three or above from mid-August to the end of April. From May to August, the UV level is usually below three, so sun protection is only required when the UV level is 3 or higher

## Aims

- Ensure that all children and staff are protected from over-exposure to UV radiation
- Encourage the entire school community to use a combination of sun protection measures from the third week of August to the end of April and whenever the UV Index reaches three or above.
- Work towards a safe school environment that provides shade for children, staff and the school community at appropriate times.
- Ensure students are assisted, encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- Ensure that families and staff are informed of the school's SunSmart policy
- Support the school's duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

## Implementation

This policy is to be read as part of our Uniform Policy which includes shirts with collars and elbow length sleeves, longer style dresses and shorts.

Information about the daily sun protect times is available the SunSmart widget on the school website, the free SunSmart app or at [www.sunsmart.com.au](http://www.sunsmart.com.au) and [www.bom.gov.au](http://www.bom.gov.au)

### From mid-August to the end of April in Victoria

- Children and staff use a combination of sun protection measures whenever the UV level reaches three and above.
- Our SunSmart policy is considered when planning all outdoor events, e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the day, or we try using indoor venues.

## Shade

- School Council makes sure there are sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where children congregate e.g. eating areas and popular play areas.

- In consultation with the School Council, shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or clothing are asked to play under cover.

### **Clothing**

- Cool, loose-fitting, UV protective clothing made of densely woven fabric is included in our school uniform policy. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts.
- Appropriate protective clothing is expected on sports days, excursions and special free dress days (similar to above)
- No sleeveless shirts will be permitted

### **Hats**

- Students will be required to wear a Cancer Council approved close-weave bucket hat with a 6cm brim (school uniform hat) from the third week of August to the end of April.
- No hat, no play. Students not wearing an appropriate hat will be asked to play under cover
- School uniform hats are available for purchase from the uniform store

### **Sunglasses**

- Where practical, students are encouraged to 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.

### **Sunscreen**

Students are encouraged to bring to school and apply their own SPF 30 (or higher) broad spectrum, water resistant sunscreen. Students are encouraged to come to school wearing sunscreen during summer. Reapplication every two hours is recommended and more frequently when sweating or swimming. Sunscreen is applied at least 20 minutes before going outside.

- Children and staff will be actively encouraged to wear a broad-spectrum water-resistant sunscreen (SPF30 or higher). Sunscreen will be provided on excursions in the first aid kits. Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers.
- Parents will be encouraged to apply sunscreen or provide sunscreen for their child when attending school events on and off the school premises.
- Strategies are in place to remind students to apply sunscreen before going outdoors

### **Role modelling**

Staff act as role models by:

- wearing sun protective hats, clothing and sunglasses when outside
- applying SPF 30 (or higher) broad spectrum, water resistant sunscreen
- seeking shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.

### **Curriculum**

- Whenever possible, outdoor activities, on days where the UV Index is likely to reach extreme levels, should be scheduled before 11:00am.
- Health Programs on skin cancer prevention and healthy UV exposure are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

### **Review**

This policy will be reviewed as part of the school's School Review

*Ratified by School Council September 2020*