



SUNSMART POLICY



This policy applies to all school events on and off site.

Purpose:

This Sun Protection policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

Background:

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Legislation and Standards

Occupational Health and Safety Act 2004

Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

Procedures

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au.
- A combination of sun protection measures are used for all outdoor activities during the sun protection times whenever UV levels reach 3 and above, typically from September until April in Victoria.

Healthy physical environment

1. Seek shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council is working to ensure there will be a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

Healthy social environment

2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform policy and list. School clothing is cool and loose fitting. It includes polo-shirts both short and long sleeves, longer style dresses and shorts. We encourage the wearing of rash vests or wet suits for outdoor water activities.

3. Slap on a hat

All students and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative.

4. *Slop on sunscreen*

- Students are encouraged to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. class reminders prior to recess and lunchtime, reminder notices)
- When appropriate, after parental consultation and consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

5. *Slide on sunglasses*

- Where practical students and staff are encouraged to wear sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Learning and skills

- Lessons including information on skin cancer prevention and vitamin D are included in the Health and Physical Education curriculum for all year levels.
- Sun protection behaviour is regularly reinforced and promoted to the whole school community through newsletters, website and social media, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Engaging children, educators, staff and families

Staff and families are provided with information on sun protection and vitamin D through family newsletters, website and social media.

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff, families and visitors are encouraged to:

- wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
- apply sunscreen
- seek shade whenever possible

Monitoring and review

- The school council and staff regularly monitor and review the effectiveness of the Sun Protection policy (at least once every three years) and revise the policy after consulting the latest information at sunsmart.com.au.
- Sun Protection policy updates and requirements will be made available to staff, families and visitors.

Next policy review:

Relevant documents / links

- DEAT [The Compact: Roles and Responsibilities in Victorian government school education: Principle 3](#) (2012)
- DEAT School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2011)
- DEAT [OHSMS Implementation Guide](#) (2009)
- DEAT [Guidelines for School Playgrounds](#) –Playground safety management: Section 3.2.5 (2012)
- DEAT [Outdoor activities](#)
- Safe Work Australia: [Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight](#) (2008)

Evaluation:

This policy will be reviewed as part of the school's three-year review cycle, or as required due to changes in relevant Acts, Laws or should situations arise that require earlier consideration.

This policy was last ratified by School Council in	March 2016	
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