

SUNSMART

POLICY

Rationale:

• Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

Aims:

This Sun Smart 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

Implementation:

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:

- 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 to the end of April in Victoria.
- 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, via the SunSmart widget on the school's website or via the free SunSmart app.
- This policy is to be read as part of our Student & Staff Dress Code.
- Whenever possible, outside activities on hot days should be scheduled before 11:00 am.
- Our school is registered as a Sun Smart school at the Cancer Council Victoria.

1. Seek shade

- A shade audit is used to determine the current availability and quality of shade.
- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, 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.

2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

3. Slap on a hat

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative. Children without broad brimmed hats will be restricted to play in designated shaded areas

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4. Slop on sunscreen

- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- 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 [if practical]

- Where practical students and staff 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.

Learning and skills:

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart 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 on student enrolment.

Evaluation:

Monitoring and review

- The school council and staff regularly monitor and review the effectiveness of the Sun Smart policy and revise the policy when required by completing a policy review and membership renewal with Sun Smart at sunsmart.com.au.
- Sun Smart policy updates and requirements will be made available to staff, families and visitors.
- This policy will be reviewed as part of the school's three year review cycle.

This policy was last approved and ratified by School Council on

15TH MARCH 2016