Sun Smart Policy

Date approved by School Council  |  20th May, 2014

Rationale
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.

Aims
This SunSmart policy provides guidelines to:

- Ensure all students and staff members have some UV exposure for vitamin D.
- Ensure all students and staff members are 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

Procedures
- Staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above.
- Whenever possible, outside activities on hot days and when the UV level reaches 3 should be scheduled before 11:00 am.
- On free dress days this Sun Smart Policy still applies in its entirety.

Healthy physical environment
1. Seek shade
   - The school council and staff make sure there is a sufficient number of shelters and trees providing shade in the school grounds.
   - The availability of shade is considered when planning all other outdoor activities and excursions.
   - 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 designated shaded area where they will be protected from the sun. (Shadow Lands)
Healthy social environment

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.

3. Slap on a hat
   - All staff members will act as role models and are required to wear hats that protect their face, neck and ears. From the month of September till the end of April.
   - Children will be required to wear School Council approved broad brimmed hats. From the month of September till the end of April.

4. Slop on sunscreen
   - Students are actively encouraged to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen and seek shade. *(Staff members are not permitted to apply sunscreen to children.)*
   - Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
   - Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

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.
- Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, during student and teacher activities and on student enrolment.
- Strategies to develop the awareness of Sun Smart procedures will be an integral part of the school Health and Safety Education program.
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Engaging children, staff and families
- Staff and families are provided with information on sun protection and vitamin D through family newsletters and noticeboard.
- As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff, families and visitors:
  - wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
  - apply sunscreen
  - seek shade whenever possible

Evaluation
- The school council and staff will review the effectiveness of the Sun Smart policy as part of the school’s three year review cycle or earlier if circumstances deem it necessary.
- The policy will also be revised when the school is requested to complete a policy review and membership renewal with Sun Smart.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.
- The next policy review is due May 2017

Relevant documents / links
- DEECD Health, Safety & Workcover
- Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools -Government Response
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)