



SUNSMART

POLICY

Rationale:

- To provide a safe environment for all children by implementing sun protection procedures.
- Too much of the sun's UV can cause sunburn skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer in later life.

Aims:

- To encourage staff and parents to act as role models by practising sun smart behaviours such as:
 - Wearing appropriate hats and clothing for all outdoor activities
 - Using an SPF30 (or higher) broad-spectrum water resistant sunscreen for skin protection and providing sunscreen for their child's regular use throughout the day
 - Seeking shade wherever possible
 - Encouraging the wearing of appropriate sunglasses when outdoors
- To ensure all students and staff have some UV exposure for vitamin D.
- To 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.
- To ensure the outdoor environment is sun safe and provides shade for students and staff.
- To ensure students are encouraged and supported to develop independent sun protection skills.
- To incorporate programs on skin cancer prevention into the curriculum.
- To regularly reinforce the Sun Smart Policy in a positive way through newsletters, student and teacher activities.
- To encourage the children to use available areas of shade for outdoor activities.
- To support duty of care requirements.
- To support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Implementation:

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the free SunSmart app or at sunsmart.com.au or myuv.com.au.
- The sun protection measures listed are used for all outdoor activities during the daily local sun protection times.*

*The sun protection times from the Bureau of Meteorology tell you the time of the day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

- When enrolling their child parents will be:
 - Informed of the Sun Smart Policy
 - Expected to purchase a prescribed school sun smart hat
- To schedule outdoor activities in shaded areas when possible.

- The school council makes sure that there are sufficient shelters and trees providing shade in outdoor areas e.g. where students have their lunch, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- To require children to wear broad brim school hats which protect their face, neck and ears whenever they are outside (eg recess, lunch, sport, carnivals, excursions and activities) at all times.
- To direct children who do not have their hats with them to play in a designated area protected from the sun e.g. under the shade sails
- 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.
- Students must provide their own SPF30 (or higher) broad-spectrum, water resistant sunscreen and/or the school supplies SPF30 (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 or more frequently if sweating or swimming.
- Strategies are in place to remind students to apply their sunscreen before going outdoors (e.g. reminder notices, sunscreen buddies).
- Programs on sun protection are included in the curriculum for all year levels.
- As part of the OHS UV risk controls and role modelling, staff, families and visitors:
 - Wear a sun protective hat, covering clothing and, if practical, sunglasses
 - Apply sunscreen and seek shade whenever possible.

Evaluation:

- This policy will be reviewed as part of the school's four-year review cycle or reviewed when completing our SunSmart membership renewal at sunsmart.com.au.

This policy was last ratified by School Council in....

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