



SUNSMART POLICY

Rationale:

Leadership and staff at Balnarring Primary School acknowledge the impact that over-exposure to the sun's ultraviolet (UV) radiation has on health.

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 strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. A combination of sun protection measures is needed for all outdoor activities during terms 1 and 4 and whenever UV levels reach 3 and above – the level at which damage to skin and eyes can occur.

Whole school engagement

It is recognised that every member of Balnarring Primary School has an impact on students' health and can contribute to creating an environment that promotes safe UV exposure. All members of our school community including staff, students, families and volunteers will be supported to meet this policy.

Definitions

Sun protection: For the purposes of this policy and for the Healthy Schools Achievement Program, the 'Sun Protection' health priority area focuses on the creation of environments and behaviours that will prevent over-exposure to UV radiation.

UV radiation: Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as solariums. Too much UV radiation can cause skin and eye damage, sunburn, tanning and skin cancer. Some UV exposure is recommended for vitamin D. UV radiation isn't like the sun's light or heat, which we can see and feel. Your senses cannot detect UV radiation, so you won't notice the damage until it has been done.

Aims:

This policy confirms our commitment to:

- ensure all students and staff are protected from over-exposure to UV radiation
- ensure the outdoor environment provides shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection

- ensure that families and new staff are informed of the school's sun protection measures
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.
- educate students as to suitable sunsmart protection strategies.
- encourage children and teachers to protect themselves from the harmful effects of the sun.

Implementation:

The sun protection measures listed below are used for all outdoor activities during the daily local sun protection times. Staff are encouraged to access the daily local sun protection times at **sunsmart.com.au** or the free **SunSmart app** to assist with the implementation of this policy. The sun protection times are a forecast from the Bureau of Meteorology for the time of 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.

Leadership and Commitment

- Staff, families and students are active participants in the development and implementation of the whole school Sun Protection Policy and are seen as key partners in promoting and supporting safe UV exposure in the school.
- Staff, families and students are provided with information about policy requirements, with opportunities to provide feedback and input

Healthy Physical Environment

- We provide adequate shaded outdoor areas, particularly in high-use areas e.g. where students can play, learn and eat.
- The availability of shade is considered when planning all outdoor activities.
- Students are encouraged to use available areas of shade when outdoors.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Children will be required to wear Anti-Cancer Council approved close-weave broad brimmed hats (at least 8 cm rigid brim) during term 1 and 4 and any other days where the UV level is predicted to be 3 or above.
- Hats are required to be at school every day. Children must keep their hats in good condition.
- Children without broad brimmed hats will be restricted to play in a designated shaded area.
- The school will ensure that school uniform broad brimmed hats are available for purchase from the office.
- Whenever possible, outside activities should be scheduled before 11:00 am on hot days.
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.

Healthy Culture

- Diversity and cultural practices are considered when implementing this policy and sun protection practices.
- Sun protective behaviours are regularly reinforced and promoted.

- The dress code for students and staff follows the sun protection guidelines:
- Loose-fitting clothing that covers as much skin as possible should be worn. Clothing made from cool, densely-woven fabric is recommended.
- Uniforms should include shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming.
- All students and staff wear hats that protect their face, neck and ears, whenever they are outside, i.e a broad-brimmed hat. Peak caps and visors are not considered a suitable alternative.
- 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.
- Students not wearing sun protective clothing and hats must stay in areas protected from the sun.
- Students and staff are encouraged to bring their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen. Additionally, we encourage our school community to apply their own Sunscreen in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply their own sunscreen before going outdoors.
- We encourage staff and students to store their sunscreen in a cool place, out of the sun and to monitor the expiry date.
- Families and visitors are encouraged to wear clothing, sunscreen and hats that follow sun protection guidelines (e.g. wearing a legionnaire, broad-brimmed or bucket hat when outside).
- Staff act as role models by also wearing broad brimmed hats when outside.

Student Teaching and Learning

- Sunsmart activities and sun protection forms part of the Health and Physical Education curriculum at all year levels Age-appropriate sun protection education is provided about:
 - sun protective behaviours
 - UV radiation
 - health risks associated with UV exposure.
- Staff have access to professional development and teaching resources about sun protection education.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart policy.

Supported Staff

- Staff are supported to follow sun protective behaviours.
- As part of OHS UV risk controls and role-modelling, staff:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses
 - apply sunscreen, and
 - seek shade whenever possible.
- Sun protection information is provided to staff, including information about:
 - sun protective behaviours
 - UV radiation
 - health risks associated with UV exposure
 - early detection of skin cancer.

- Sun protection information and policy requirements are included in staff inductions and are available on T-drive for all staff to refer to.

Family and Community Partnerships

- Families are asked to provide and apply broad-spectrum water resistant sunscreen (SPF30) to their children, when engaged in outdoor activities.
- Children will be actively encouraged to bring their own sunscreen from home
- Sun protection information is provided to families, such as information about sun protective behaviours, UV radiation and health risks associated with UV exposure.
- Partnerships are established with relevant organisations and health professionals to support sun protection practices as appropriate.

Relevant legislation and policy documents

- [Occupational Health and Safety Act](#) (2004)
- DET [School Policy and Advisory Guide: Sun and UV Protection](#)
- DET [Guidelines for School Playgrounds – Playground safety management: Section 3.2.5](#) (2012)
- [Victorian Government OHS Planning documents](#)
- Safe Work Australia: [Guidance Note – Sun Protection for Outdoor Workers](#) (2016)
- [SunSmart website](#)

Related school policies

- Physical Activity and Movement Policy
- Uniform Policy

Evaluation:

This Sun Protection Policy will be monitored and reviewed by the staff, school council, student representatives and the health and wellbeing team at least once every three years.

This policy will be reviewed as part of the school's three-year review cycle.

Next review date: September 2023

This policy was last ratified by School Council in

September 2020