



SunSmart

Policy

Policy review team members: Bev Harvey, Donna Wheatley, Jodie Prendergast, John Bothe, Jane Herring, Sebastian Renato

This policy was last ratified by School Council on 6/8/18

Rationale:

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

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. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. 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 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:

- 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.
- 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.
 1. Seek Shade
 - A shade audit is conducted regularly 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 excursions and all other outdoor activities.
 - 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 the option of longer sleeves, longer style dresses and shorts. Rash vests or t-shirts for outdoor swimming and other activities (for example free dress days, sports days and camps).
 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 are not considered a suitable alternative.



4. Slop on Sunscreen

- Students must provide their own SPF 30+ broad spectrum, water resistant sunscreen. This is communicated to parents each year.
- 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).
- 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 [OPTIONAL]

- Students and staff may 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.

6. Learning and skills

- Programs on sun protection and vitamin D are included in the curriculum for all year levels.

7. Engaging children, educators, staff and families

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website / intranet, staff and parent meetings, school assemblies, student and teacher activities and on student enrolment / new staff orientation.
- As part of OHS UV risk controls and role-modelling, staff, families and visitors:
 - o wear a sun protective hat, covering clothing and, if practical, sunglasses
 - o wear a sun protective hat, covering clothing and, if practical, sunglasses
 - o apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen
 - o seek shade whenever possible.

Resources:

Relevant documents / links

- DET The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DET School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DET OHSMS Implementation Guide (2009)
- DET Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- DET Guidelines for School Playgrounds –Playground safety management: Section 3.2.5 (2012)
- DET Outdoor activities
- Catholic Education Commission of Victoria (CECV) Occupational Health & Safety Checklist
- Independent Schools Victoria (ISV) Compliance Framework: Sun Protection / Health & safety
- Victorian Early Years Learning and Development Framework (VEYLDF)
- 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)

AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods

Evaluation:

The School Council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every two years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at SunSmart.com.au.

School Council President: Kymerly Davidson

Signature:

Date: