



Sunsmart Policy

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.

Purpose:

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 Occupational Health and Safety (OHS) strategies to minimise UV risk and associated harms for staff and visitors.

Guidelines:

- 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 should be used for all outdoor activities during the sun protection times (whenever UV levels reach 3 and above), typically from **September 1st to the end of April** in Victoria. See [Appendix 1](#).

Implementation:

- This policy will apply to all school events on and off site.
- Programs on skin cancer prevention and vitamin D will be included in the curriculum for all year levels.
- SunSmart behaviour will be regularly reinforced and promoted to the whole school community through newsletters, staff meetings, school assemblies, student and teacher activities and on student enrolment.
- Information on sun protection and vitamin D will be provided to the school community through family newsletters, noticeboards and the school's website.
- As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff, families and visitors will be encouraged to:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
 - apply sunscreen
 - seek shade whenever possible

Monitoring and review:

- This SunSmart policy is part of the application for our school to continue to be a SunSmart school
- Next policy review: 2019

Appendix 1:

Healthy physical environment

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 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.

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 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.

4. *Slop on sunscreen*

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen

AND / OR

- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use
- 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 [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.

Appendix 2:

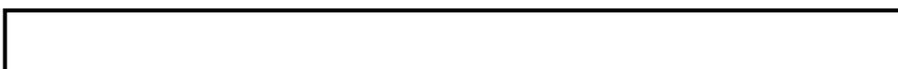
Legislation and Standards:

Occupational Health and Safety Act 2004

Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

Relevant documents / links:

- Department of Education and Training (DET) [The Compact: Roles and Responsibilities in Victorian Government School Education](#): Principle 3 (2012)
- 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
- DET School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2011)



This Sunsmart Policy was endorsed by School Council in April 2016