



## SunSmart Policy

### PURPOSE

The purpose of this policy is to encourage behaviours at Maldon Primary School to minimise the risk of skin and eye damage and skin cancer due to exposure to UV radiation.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August – end of April)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

### SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

### POLICY

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)
- peaks during school hours

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available via the SunSmart widget on the school's website, the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

Maldon Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

To assist with the implementation of this policy, staff and students are encouraged to access the **daily local sun protection times** via the SunSmart widget on the school's website, the free SunSmart app or at [sunsmart.com.au](https://sunsmart.com.au).

The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**.

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.

## Shade

Maldon Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- outdoor lesson areas
- popular play areas
- assembly areas
- sporting grounds

The availability of shade is considered when planning all other outdoor activities.

Students are encouraged to use available areas of shade when outside.

When building works or grounds maintenance is conducted at Maldon Primary School that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

## Sun protective uniform/clothing

Maldon Primary School's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

From mid August to 30 April, all students and staff **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the mid-August to April time period, by parent or student choice.

Staff are expected to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who are not wearing

appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun.

## Sunscreen

Maldon Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions, or more frequently if sweating or swimming](#).

Maldon Primary School has strategies in place to remind students to apply sunscreen before going outdoors.

At Maldon Primary School students are welcome to access sunscreen (supplied by the school) available in each classroom. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to provide their own sunscreen to reduce the risk of an allergic reaction at school.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

## Sunglasses

Where practical Maldon Primary School encourages students and staff engaged in outdoor activities 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.

## Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Maldon Primary School will address sun and UV safety education as part of the Health Curriculum for all year levels.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.

SunSmart behaviour is regularly reinforced and promoted to the whole school community.

## FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
- [SunSmart](#)

## REVIEW CYCLE

This policy was last approved by School Council in June 2020 and is scheduled for review in June 2023.