



# SUNSMART POLICY

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## **STATEMENT OF PURPOSE:**

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 has been developed to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's SunSmart policy.

## **IMPLEMENTATION:**

We use a combination of sun protection measures for all outdoor activities throughout the school year. Broad brimmed hats must be worn during Terms 1 and 4, and may be required on any day during Terms 2 and 3 when the UV level reaches 3 and above, the level that can damage skin and eyes.

A nominated staff member will access the SunSmart UV Alert at [sunsmart.com.au](http://sunsmart.com.au) to find out daily local sun protection times to assist with the implementation of this policy.

### a) **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.

### b) **Clothing**

- Sun protective clothing is included in our school uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer sleeves and longer style dresses.

### c) **Hats**

- **During Term 1 and Term 4, all** students and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed, whenever they are outside. Baseball or peak caps are not considered a suitable alternative. All students and staff must have access to a hat at school or for out-of-school activities during Terms 2 and 3 in the event of the UV level reaching 3.

### d) **Sunglasses [OPTIONAL]**

- 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.

### e) **Sunscreen**

- Students must provide their own SPF 30+ broad spectrum, water resistant sunscreen. Parents/carers should ensure that sunscreen is applied to students prior to attending school on days of high UV levels.

**Staff OHS and Role modelling**

As part of OHS UV risk controls and role-modelling, when the UV level is 3 and above staff:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities

**EVALUATION:**

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

**Ratified at School Council Meeting held May 12<sup>th</sup>, 2014.**