



SUNSMART

POLICY

Rationale:

- Some ultraviolet radiation (UV) exposure is important for health. Over exposure to the sun presents a serious health risk and should be minimised whilst at school. Students must be informed about the need for suitable sun protection. Too little UV from the sun can lead to low vitamin D levels.

Aims:

- To educate students as to suitable sunsmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun and get some sun exposure for vitamin D.

Implementation:

Staff are encouraged to access the daily local sun protection times sunsmart.com.au to assist with the implementation of this policy.

A combination of sun protection measures are used for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above, the level that can damage skin and eyes.

- This policy is to be read as part of our Student Dress Code which includes cool, loose fitting clothing 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.
- Children will be required to wear close-weave broad brimmed hats which protect the face, neck and ears (at least 8 cm rigid brim) whenever they are outside.
- As part of OHS UV risk controls and role-modelling, staff, families and visitors:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses
 - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen
 - seek shade whenever possible.
- Children without broad brimmed hats or appropriate clothing will be restricted to playing in designated shaded areas.
- Sunscreen is applied before students come to school. Students are encouraged to reapply sunscreen every two hours and at least 20 minutes (where possible) before going outdoors.
- Students must provide their own roll on SPF-30 or higher, broad-s-pectrum, water-r-esistant sunscreen.
- Sun Smart activities and sun protection will form part of the curriculum at all year levels.

References: Exec Memo No 99/039,
SunSmart 9514 6419

Vic Govt Schools Reference Guide - <http://www.eduweb.vic.gov.au/edulibrary/public/schadmin/environment/4-5.pdf>

- 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.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- The school will ensure that school uniform broad brimmed hats are available for purchase from the uniform store.
- The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart policy.
- Our school will continue its membership as a SunSmart school at Cancer Council Victoria.
- On days of extreme UV levels, alternative arrangements are provided to minimise sun exposure.

Evaluation:

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

This policy was last ratified by School Council in....

December 2019

Relevant documents / links

- DEAT [The Compact: Roles and Responsibilities in Victorian government school education](#): Principle 3 (2012)
- DEAT School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2011)
- DEAT [OHSMS Implementation Guide](#) (2009)
- DEAT [Building Quality Standards Handbook](#) (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- DEAT [Guidelines for School Playgrounds](#) –Playground safety management: Section 3.2.5 (2012)
- DEAT [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

References: Exec Memo No 99/039,
SunSmart 9514 6419