

SUN PROTECTION POLICY



PURPOSE

The purpose of this policy is to support sun protection behaviours at Frankston Heights Primary School to minimise risk of health problems from sun overexposure, including skin cancer.

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 (mid-August to the end of April in Victoria)
- 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
- support the school 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 on and off-site, including camps and excursions. It is applicable to all students and staff.

POLICY

Overexposure 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 damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

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 day and the year (highest from mid-August to the end of April in Victoria)
- peaks during school hours.

Sun safety is a shared responsibility. Staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 or above. Information about the daily local sun protection times is available via the free SunSmart app or bom.gov.au.

FHPS has the following measures in place for all outdoor activities during the daily sun protection times to help reduce the risk of over-exposure to UV radiation for staff and students.

Shade

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

- where students congregate for lunch
- the canteen
- outdoor lesson areas
- popular play areas

Students are encouraged to use available areas of shade when outdoors during peak sun protection times, particularly if they do not have appropriate hats or outdoor clothing.

Sun protective uniform/clothing

Frankston Heights Primary School's dress code includes the following sun-protective clothing:

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

The school's uniform dress code applies both on and off-site unless otherwise advised. When students are not required to wear school uniform (such as school camps, free dress day), the school will ensure steps are taken to encourage students to wear sun-protective clothing whenever UV levels reach 3 and above.

Hats

From mid-August to the end of April, all students **must** wear a close-weave broad brimmed hat (at least 8cm rigid brim) which protects the face, neck and ears for all outdoor activities. The school uniform broad brimmed hat will be available for purchase at the school office.

Students who are not wearing appropriate protective clothing or hats will be asked to use designated sun protected areas when outdoors. Parents will be notified if students do not have a school hat to wear during the period from mid-August to end of April.

Sunscreen

FHPS encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily to themselves. Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours (or more frequently if sweating or swimming).

Students and staff must bring their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen to school and school events.

Sunglasses

Students can wear sunglasses if practical.

Curriculum

Students at our school are encouraged to make sun protection choices. They are supported to understand effects of sun exposure and are encouraged to promote and model sun protection measures. Sun protection and UV safety education will form part of the curriculum at all levels.

Staff role-modelling and Occupational Health & Safety

Staff are encouraged to access resources, tools, and the school's sun protection policy.

UV radiation exposure is considered as part of our school's risk management and assessment for all outdoor events and activities, i.e., UV radiation protection strategies are included in school camp activities, excursions, sports days and interschool sports events.

Families and visitors

Families and visitors participating in and attending outdoor school activities are encouraged to:

- wear a sun-protective hat, covering clothing and, if practical, sunglasses
- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- seek shade whenever possible when outdoors.

Community engagement

Sun protection behaviour is regularly reinforced and promoted to the whole school community through school newsletters, at school assemblies and upon student enrolment.

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Included in staff handbook/manual
- Reminders in our school newsletter
- Discussed at school assemblies.

FURTHER INFORMATION AND RESOURCES

- the Department's Policy and Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Heat Health](#)
 - [Outdoor Activities and Working Outdoors](#)
 - [Risk Management – Schools](#)
 - [Shade Sails](#)
 - [Student Dress Code.](#)
- [SunSmart and Cancer Council Victoria.](#)
 - [Primary schools free education resources, sample policies and information about the free SunSmart Schools Program.](#)
 - [Sunscreen reactions.](#)
- The [Healthy Schools Achievement Program's](#) Sun Protection health priority area

POLICY REVIEW AND APPROVAL

Policy last reviewed	May 2023
Approved by	School Council
Next scheduled review date	May 2026