

## SUNSMART POLICY



### **Rationale:**

- A healthy UV exposure balance helps with vitamin D and minimises skin cancer risk. Over exposure to the sun presents a serious health risk and can lead to skin and eye damage and skin cancer. Students must therefore be educated as to the need for suitable sun exposure, sun protection, and protected from over exposure to the sun whilst at school.

### **Aims:**

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

### **Implementation:**

- This policy is to be read as part of our Student Dress Code which includes shirts with collars and elbow length sleeves, longer style dresses and shorts Children will be required to wear Cancer Council approved close-weave broad brimmed hats (at least 8 cm rigid brim) or legionnaire style from September till the end of April whenever they are outside.
- Children without broad brimmed hats will be restricted to play in the designated shaded area – under the shade sail.
- Staff will act as role models by also wearing broad brimmed hats when outside.
- Staff are encouraged to access the daily local sun protection times 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.
- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30 or higher). Students will be encouraged to bring their own sunscreen on excursions and camps and will apply their own.
- For those students bringing their own sunscreen, they will be reminded to apply it at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoor activity last for this period of time.
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.
- Whenever possible, outside activities on hot days should be scheduled early in the day.
- The school will provide adequate shade structures for students as practicable.
- For parents who purchase uniform out of school we recommend purchasing UV protective clothing.
- The school will ensure that school uniform hats are available for purchase from the school.
- The school newsletter and school assemblies will be used to highlight and reinforce the sunsmart policy.
- Sunsmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- The school will continue membership as a Sunsmart school at the Cancer Council Victoria.

### **Legislation and Standards**

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

### **Relevant documents / links**

- The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)

- DEECD Health, Safety & Workcover
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- 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

**Evaluation:**

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