

# SUN SMART Policy

## **Purpose**

This Sun Smart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harm for staff and visitors

## **Background**

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin Cancer in later life.

## **Legislation and Standards**

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

## **Procedures**

**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 Sun Smart App, or at [sunsmart.com.au](http://sunsmart.com.au) or [myuv.com.au](http://myuv.com.au)**

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times (whenever UV levels are 3 or higher), typically from mid-August to the end of April in Victoria.

## **Healthy physical environment**

### **1. *Seek shade***

- The availability of shade is considered when planning all outdoor activities and excursions.
- 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.
- The school council makes sure there are sufficient shelters and trees providing shade in Outdoor areas particularly in high-use areas eg. where students have lunch, assemblies, sports, outdoor lessons and popular play spaces.

## **Healthy social environment**

### **2. *Slip on sun protective clothing***

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

### **3. *Slap on a hat***

- **All** students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative.

### **4. Slop on sunscreen**

- Students must provide their own SPF30 ( or higher ) broad spectrum, water resistant sunscreen
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and Reapplied every two hours or more frequently if sweating or swimming.
- Strategies are in place to remind students to apply sunscreen before going outdoors (eg reminder notices, sunscreen monitors, sunscreen buddies)

## **Learning and skills**

- Sun Smart behavior is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

## **Engaging children, educators, staff and families**

- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the service's website.
- As part of OHS UV risk controls and role-modeling, when the UV is 3 and above staff, families and visitors:
  - Wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
  - Apply sunscreen
  - Seek shade whenever possible

## **Monitoring and review**

- The staff regularly monitor and review the effectiveness of the Sun Smart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with Sun Smart at [sunsmart.com.au](https://sunsmart.com.au).
- Sun Smart policy updates and requirements will be made available to staff, families and visitors.

**Next policy review: 2022**

