

# SUNSMART POLICY

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## PURPOSE

The purpose of this policy is to encourage behaviours at Seaholme Primary School that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of 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 (generally mid-August – end of April);
- 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 to help them to be responsible for their own protection;
- support the College's strategies 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, including camps and excursions. It is applicable to all students and staff.

## DEFINITIONS

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

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 year (highest in Victoria from September - April);
- peaks during school hours.

## POLICY IMPLEMENTATION

Arising from our understanding of the dangers of UV rays, particularly on young sensitive skin and the dangers from being exposed at such a young age, Seaholme Primary School has developed and implemented a SunSmart policy to ensure that:

- Students are educated in the potential dangers of being exposed to UV rays;
- Students are instructed in how to protect themselves from skin damage caused by the harmful rays of the sun;
- Staff and students adopt good personal sun-safe practices;
- Appropriate OHS strategies are implemented to minimise UV risk and associated harms for staff and visitors;
- Duty of care requirements are supported.

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available on the school website and at [sunsmart.com.au](http://sunsmart.com.au) or [www.bom.gov.au](http://www.bom.gov.au)

Seaholme Primary School **has** the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

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## Shade

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

- play areas;
- assembly areas;
- lunch areas (where applicable);
- sporting grounds.

Students without hats will be restricted to play in designated shaded areas. Children who habitually don't bring a hat may be restricted from playing outside. 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.

When building works or grounds maintenance is conducted at Seaholme Primary School that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

## Sun protective uniform/clothing

Seaholme primary School's uniform and dress code includes sun-protective clothing, including:

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

## Hats

- Students will be required to wear hats which protect their face, neck and ears from generally mid-August – end of April, when they are outside;
- Children will be required to wear School Council approved school uniform hats from mid-August – end of April whenever they are outside. They will also be required to take these hats with them on all excursions and camps;
- Staff will act as role models by also wearing broad brimmed hats (at least 6cm rigid brim) when outside - Staff members can wear broad brimmed hats of their own choosing so long as they comply with the above description. Staff can choose to wear the approved school uniform hat available from the college;
- Appropriate approved school uniform hats for students will be readily available from the school for purchase;
- Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

## Sunscreen

- Seaholme Primary School encourages all staff and students to apply SPF 30+ (or higher) broad spectrum, water resistant sunscreen daily, whenever UV levels reach 3 and above, with time allowed for applying sunscreen;
- Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours according to manufacturer's instructions;
- Seaholme Primary School has strategies in place to help students remember to apply sunscreen before going outdoors;
- Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside;

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- **Parents are encouraged to** supply SPF 30+ or higher broad spectrum, water resistant sunscreen for student's use.

## Sunglasses

Where applicable and practical, 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.

## Curriculum

- SunSmart activities, sun protection and programs on skin cancer prevention will form part of the Health and Physical Education curriculum at all year levels;
- Whenever possible, outside activities on hot days should be scheduled before 11:30 am;
- Staff are requested to act as role models by practising SunSmart behaviours including wearing appropriate hats and clothing when outdoors

## Engaging students, staff and families

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, the school website, staff and parent meetings, classroom activities, on enrolment, staff induction and school assemblies;
- Families and visitors to the school are encouraged, to act as role models by practising SunSmart behaviours including wearing appropriate hats and clothing when at the School or on camps and excursions;
- Families are provided with information, ideas and practical strategies to support UV safety at school and at home, through newsletters, noticeboards, the School website, and School assemblies.

## FURTHER INFORMATION AND RESOURCES

### Related School Policies

- Duty of Care Policy
- Visitors Policy
- Volunteers Policy

### Related DET Resources

- School Policy Advisory Guide:
  - o [Sun and UV Protection Policy](#)
  - o [Duty of care](#)
  - o [SunSmart](#)

## EVALUATION AND REVIEW

This policy will be reviewed every two years or as necessary due to changes in the school uniform and/or regulations or circumstances.