

Sun Protection Policy

This policy applies to all school events on and off site.

Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Melanoma is the most common cancer in Australians aged 12-24 years, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

Purpose

This Sun Protection 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
- 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 WHS strategies to minimise UV risk and associated harms for staff and visitors

Procedures

- Staff and students are encouraged to access the daily local sun protection times at myuv.com.au or on the free SunSmart app to assist with the implementation of this policy
- A combination of sun protection measures is used for all outdoor activities in Terms 1, 3 and 4 and whenever UV levels reach 3 and above
- Families and new staff are informed of the school's Sun Protection policy

Healthy physical environment

Seek shade

- The school and the governing council ensure that there is enough shelters and trees providing shade in the school grounds
- The availability of shade is considered when planning all other outdoor activities and excursions
- Students are encouraged to use available areas of shade when outside
- Students who do not have appropriate hats are asked to sit in the shade

Healthy social environment

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 includes shirts with collars and longer style dresses. Slap on a hat
- All students and staff are required to wear hats that protect their face, neck, and ears, i.e. bucket hats, whenever they are outside in Terms 1, 3 and 4 during recess and lunch. Baseball or peak caps and visors are not considered a suitable alternative.

Slop on sunscreen

- Students must provide their own SPF 30 or higher broad-spectrum, water-resistant sunscreen or the school supplies SPF 30 or higher broad-spectrum, water-resistant sunscreen for staff and student's use
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors
- Strategies are in place to remind students to apply sunscreen before going outdoors

Slide on sunglasses (if practical)

- Where 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

Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, staff will:

- Wear sun protective hats, clothing, and sunglasses when outside
- Apply SPF 30 or higher broad-spectrum, water-resistant sunscreen
- Seek shade wherever possible.

Outdoor Events

Staff and parents will encourage that adequate protection is used when children are in the sun for a prolonged time (i.e. Sports Day, excursions etc). Family members will be encouraged to follow SunSmart practices when at school events.

Such protection will be considered, being:

- A wide-brimmed hat
- Suitable and appropriate clothing (i.e. shirts with collars, suitable length sleeves, longer style shorts)
- Sunscreen (SPF 30 broad spectrum and water resistant) – reapplied every two hours
- Regular fluid intake
- Use of the shade of trees, pergolas, umbrellas, and tents.