



Our Lady's Primary School SUNSMART POLICY

Purpose

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for Vitamin D purposes.
- 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 adequate 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 harms for staff and visitors.

Background

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. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. 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.

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 at sunsmart.com.au, via the SunSmart widget on the school's website or via the free SunSmart app.
- A combination of sun protection measures are used for all outdoor activities during the sun protection times (whenever UV levels reach 3 and above), typically from **September to the end of April** in Victoria.

Healthy Physical Environment

1. *Seek Shade*

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- Schedule outdoor assemblies early in the day or in a shaded area.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- 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.

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 and rash vests or t-shirts for outdoor swimming.

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 should provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- Sunscreen should be applied at least 20 minutes (where possible) before going outdoors and reapplied every 2 hours if remaining outdoors. Class teachers will provide children an opportunity to apply sunscreen before they go outdoors.

5. *Slide on sunglasses*

- Where practical students and staff are encouraged to wear close fitting, wraparound sunglasses that meet Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much as the eye area as possible.

Learning and Skills (Curriculum)

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.

- SunSmart behaviour 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.
- Ensure the SunSmart Policy is reflected in the planning of all outdoor events, e.g. camps, excursions, sports days, special events.

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-modelling, 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 school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every 3 years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at sunsmart.com.au
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

Policy Review:

This policy should be reviewed every two years or when necessary changes are required.

Last Update: June 2020

- Safe Work Australia: [Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight](#) (2008)