

SunSmart Policy

(Ratified by School Council: August 2020)

PURPOSE:

As a registered member school of the Cancer Council Victoria's Sun Smart Schools Program this policy is written to:

- Create healthy environments and encourage appropriate behaviours to minimise overexposure to reduce skin and eye damage and skin cancer risk.
- Encourage behaviour change through education and role-modelling.
- Protect staff and students from harm caused by overexposure to ultraviolet (UV) radiation.
- 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.

BACKGROUND:

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.

UV radiation:

- cannot be seen or felt
- comes directly from the sun and can also be scattered in the air and reflected by surfaces such as buildings, concrete, snow, and sand
- can pass through light clouds
- is measured by a UV index that:
 - indicates the amount of UV radiation that reaches the earth's surface
 - categorises the level of risk from low (index of 1-2) to extreme (index of 11+)
- varies in intensity across the year
- is normally highest during school hours

GUIDELINES:

Staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.

A combination of sun protection measures are used for all outdoor activities from **mid-August to the end of April** and whenever UV levels reach 3 and above.

IMPLEMENTATION:

- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**.

Healthy physical environment

Seek shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council 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, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- 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 sit on the stage area to protect them from the sun.

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 made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts.

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.

Slop on sunscreen

- It is recommended that students provide their own SPF 30+ or higher broad spectrum, water resistant sunscreen. This should be applied before coming to school and during school hours.
- Sunscreen should be applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if 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.

Learning and skills

Programs on skin cancer prevention 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 upon student enrolment.

RELATED LEGISLATION:

- *Occupational Health and Safety Act 2004*
- *Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)*
- DET School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2016)
- DET [The Compact: Roles and Responsibilities in Victorian government school education](#): Principle 3 (2012)
- DET [OHSMS Implementation Guide](#) (2009)

- DET [Building Quality Standards Handbook](#) (BQSH): Section 8.5.5 Shade Areas
- DET [Guidelines for School Playgrounds](#) –Playground safety management: Section 3.2.5 (2012)
- DET [Outdoor activities](#)
- Victorian Institute of Teaching (VIT) [The Victorian Teaching Profession Code of Conduct](#) - Principle 3.2
- [Australian Professional Standards for Teachers](#) (APST) – Standard 4.4 and 7.2
- ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
- Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)
- AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles
- AS/NZS 4399:2017, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](#)
- AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation. *6.2.1: General considerations, 6.3.9: Shade and sun protection, Appendix A: Shade and sun protection*

POLICY EVALUATION:

Evaluation will be conducted by the Policy Review (Education) Sub Committee of the School Council. This will include completion of the membership renewal with SunSmart at sunsmart.com.au.

DUE DATE FOR REVIEW:

Due for review in July 2022.