

## SUNSMART POLICY

### PURPOSE

The purpose of this policy is to encourage behaviours at Ashby Primary School to minimise the risk of skin and eye damage and 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 our school'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.
- This policy applies to all school events on and off site including camps and excursions. It is applicable to all students and staff.

### POLICY

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

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 mid-August – end of April)
- peaks during school hours

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 via, the free SunSmart app, or at sunsmart.com.au or bom.gov.au. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types.

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

### Shade

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

- outdoor lesson areas i.e. decking areas
- Playground
- Outside the hall
- Trees surrounding ovals

The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types.

When building works or grounds maintenance is conducted at Ashby 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**

Ashby Primary School's school 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

From August to the end of April, all staff and students **must** wear a sun protective hat that shades the face, neck, and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of this period, by parent or student choice.

Staff and students are encouraged to wear hat styles that protect the face, neck, and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Students are required to wear hat that protects the face, neck, and ears when outdoors, for example broad-brimmed, legionnaire or bucket, peak caps and visors are not considered a suitable alternative. Students who are not wearing appropriate protective clothing or a hat will be asked to play in the shade or in a suitable area protected from the sun. Peak caps and visors are not considered a suitable alternative.

### **Sunscreen**

Ashby Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily from mid-August to the end of April and whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours or more frequently if sweating or swimming, according to manufacturer's instructions.

Strategies in place to remind students to apply sunscreen before going outdoors [for example i.e. reminder notices, classroom displays, access to sunscreen, reminders by teachers.

At Ashby Primary School students receive their own personal sunscreen at the commencement of each school year. Students are welcome to attend the office or sick bay to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the Administration Office to implement a management plan to reduce the risk of an allergic reaction at school.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

### **Curriculum**

Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. Ashby Primary School will address sun and UV safety education for all year levels and as part of monitoring and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at [sunsmart.com.au](http://sunsmart.com.au).

SunSmart policy updates and requirements will be made available to staff, families, and visitors.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community. Resources can be sourced at

<https://www.sunsmart.com.au/communities/early-childhood-schools/resources-schools-early-childhood/primary-school-resources>



### **Engaging students, staff, and families**

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, staff and parent meetings, school assemblies, students, and teacher activities and at student enrolment/new staff orientation.

Families and staff are provided with information, ideas, and practical strategies to support UV safety at school and at home. Ashby Primary School may provide families and staff with information through newsletters, posters, school website, and school assemblies.

As part of OHS UV risk controls and role-modelling, staff, families, and visitors:

- Are encouraged to wear a sun protective hat, covering clothing, seek shade whenever possible.
- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen

### **FURTHER INFORMATION AND RESOURCES**

- the Department's Policy Advisory Library:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#) and [SunSmart](#)
- [Achievement Program's SunSmart policy](#)

### **CERTIFICATION**

The policy was ratified at the School Council meeting held at Ashby Primary School in August of 2020.