



## Rationale

Our SunSmart Policy has been developed to ensure that all students attending our school are protected from skin damage caused by the harmful ultraviolet rays of the sun. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. It is implemented throughout the year but with particular emphasis from the mid August up until the end of April when average UV index levels reach 3 and above.

## Aims

- This SunSmart policy provides guidelines to:
- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support duty of care requirements; and
- support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

## Implementation

The following sun protection measures are to be implemented whenever UV levels are 3 or higher. You can check the UV levels via the sunsmart site. 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. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April. This policy applies to all school events on and off site.

1. Seek shade
  - a. The school board makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
  - b. The availability of shade is considered when planning all other outdoor activities.
  - c. Students are encouraged to use available areas of shade when outside.
  - d. 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.
  - e. In consultation with the school board, shade provision is considered in plans for future buildings and grounds.
  - f. A shade assessment is conducted regularly to determine the current availability and quality of shade.
2. Slip on sun protective clothing

- a. Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts.
3. Slap on a hat
  - a. All students are required to wear hats that protect their face, neck and ears (legionnaire or broad-brimmed), whenever they are outside. Peak caps and visors are not considered a suitable alternative.
4. Slop on sunscreen
  - a. The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use.
  - b. Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
  - c. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
  - d. Students also provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
5. Slide on sunglasses [if practical]
  - a. Where practical students 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 sun protection are included in the curriculum for all year levels.

## Engaging children, educators, staff and families

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.
- As part of OHS UV risk controls and role-modelling, staff, families and visitors:
  - wear a sun protective hat, covering clothing and, if practical, sunglasses;
  - apply sunscreen; and
  - seek shade whenever possible.

## Monitoring and review

The school board and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) 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.

## Evaluation

This policy will be reviewed as part of the school's four year review cycle. (2028)