

SUNSMART

POLICY

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. 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.

Aims:

- To educate students as to suitable SunSmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.
- Ensure all students and staff have some UV exposure for vitamin D.

Implementation:

The sun protection measures listed below are used for all outdoor activities **during the daily local sun protection times** (issued whenever UV levels are 3 and above), typically from September to the end of April in Victoria.

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

Children will be required to wear close-weave broad brimmed hats (at least 6 cm rigid brim whenever they are outside. 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.

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 SPF30 (or higher) broad-spectrum, water-resistant sunscreen seek shade whenever possible
- Children without broad-brimmed hats or appropriate outdoor clothing will adhere to the "No Hat No Play" rule and sit in designated shade areas.

Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen

- (SPF30+). Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

Whenever possible, outside activities on hot days should be scheduled before 11:00 am.

The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment.

- The availability of shade is considered when planning all other outdoor activities.
 - The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart policy.
 - SunSmart activities, vitamin D and sun protection will form part of the Health and Physical Education curriculum at all year levels.
 - Our school has accreditation as a SunSmart school at Cancer Council Victoria

Evaluation:

- This policy will be reviewed as part of the school's three-year review cycle.

This policy is due for revision by School Council in....

September 2016

References: Exec Memo No 99/039,
SunSmart ph: (03) 9514 6419

Vic Govt Schools Reference Guide -
http://www.education.vic.gov.au/management/governance/referenceguide/enviro/4_5.htm