



## Sunsmart Policy

## Minimum Standards

### Help for non-English speakers

If you need help to understand the information in this policy please contact Yea Primary School.

*Yea Primary is proud to be an accredited SunSmart School*

### POLICY

The purpose of this policy is to encourage behaviours at Example 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.

### SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

### Summary

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

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 SunSmart widget on the school's website, the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

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

We review, and if necessary update, the policy at least once every 3 to 4 years

## Details

### Ultraviolet radiation

Over exposure to the sun's ultraviolet radiation (UV) during childhood and adolescence is a major factor in determining future skin cancer risk. Melanoma is the most common cancer in young Australians aged 13 to 24 years. Overexposure to UV radiation can cause:

- skin cancer
- premature ageing
- sunburn
- skin damage
- eye damage

### 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 to the end of April)
- is at its peak during school hours

### School obligations

School staff have a duty of care and obligations under the [Occupational Health and Safety Act 2004 \(Vic\)](#) to ensure that all reasonable steps are taken to minimise the risks to student health and safety arising from exposure to UV. These obligations can be met by:

- ensuring the adoption of this SunSmart policy.
- providing adequate shade
- enforcing the schools uniform codes which include sun-protective clothing using hats, rachies for water sports and sunscreen
- staff role-modelling personal sun-protection measures
- engaging directly with students to support sun protection strategies

When UV levels are 3 or above (generally from mid-August to the end of April in Victoria) all staff and students should:



- use a combination of sun-protection measures (including hats, sunscreen, clothing and shade) when outdoors
- avoid deliberate and extended sun exposure

Continually assess, develop, review and implement OHS risk controls for the school environment including:

- built shade
- modifying highly reflective surfaces
- higher risk times in Victoria between mid-August to the end of April (inclusive)
- outdoor programming schedules
- dress codes

## COMMUNICATION

We will be communicate Sunsmart communication strategy to our school community in the following ways to highlight and reinforce the sunsmart policy:

- Available publicly on our school's website <http://www.yeaps.vic.edu.au/>
- Included in staff induction processes
- Included in staff handbook/manual
- Included in transition and enrolment packs school assemblies
- excursions, camps, sports carnivals and events
- Discussed at parent information nights/sessions
- Reminders in our school newsletter
- Discussed in student forums
- Hard copy available from school administration upon request

## Sun protection times — SunSmart app

The daily sun protection times let you know when you do and don't need sun protection each day. These are available:

- via the free SunSmart app and widget
- on the SunSmart and Bureau of Meterology websites
- in the weather section of the newspaper

When determining safe times for outdoor activities the school must consider:

- daily protection times via the SunSmart app
- SunSmart widget on the school homepage



- House Captains monitor the daily sun protection times and report them to the school community via PA announcements

## Sun protection measures

When UV levels are 3 or above UV the following protection measures should be implemented.

### Shade

It is the duty of the school council and principal to ensure there is provision for shade in planning for future buildings or grounds. When building works or grounds maintenance is conducted at 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.

School coordinators should consider the availability of shade and other appropriate sun protection measures when planning excursions and other outdoor activities or events.

It is important to ensure that there are sufficient shelters and trees to adequately shade the school grounds, particularly in the following spaces:

- where students congregate for lunch
- outdoor lesson areas
- popular play areas
- assembly areas
- sporting grounds / pools

### Clothing

The wearing of the school uniforms must be enforced include sun-protective clothing:

- fabrics with a ultraviolet protection factor (UPF) rating for sun protection or tightly-woven fabrics
- tops/shirts with collars or high necklines, and sleeves of at least three-quarter-length
- pants or skirts of at least three-quarter length
- rash vests or long sleeve t-shirts for outdoor swimming activities.

On Free Dress Days students are to dress in accordance with this Sunsmart policy

Refer to SunSmart's [Slip on clothing](#) for further information.

### Hats

Students and staff must wear a broad brimmed hat which protects the face, back of the neck, eyes and ears, namely children will be required to wear Anti-Cancer Council approved close-weave broad brimmed hats (at least 6 cm rigid brim) from the beginning of term 1 and term 4.

Children without broad brimmed hats will be restricted to play in designated shaded areas.

Refer to SunSmart's [Slap on a hat](#) for further information.



## Sunscreen

Schools should encourage and remind students and staff to:

- apply SPF 30 (or higher) broad spectrum, water-resistant sunscreen to clean, dry skin at least 20 minutes before going outdoors according to the manufacturer's directions, under the supervision of teachers
- re-apply sunscreen every 2 hours when outdoors and after swimming or sweating
- use sunscreen within its expiry date
- store sunscreen below 30°C
- add sunscreen to the school booklist, as an optional extra, so a student then has their own sunscreen which is suitable for their skin
- develop strategies that remind students to apply sunscreen before going outdoors (e.g. encourage use through instruction and role modelling, embed in curriculum, reminder notices, sunscreen stations near entry and exit points)

Students should not rely on sunscreen as a sole line of defence against UV. It should be used along with other sun protection measures. Students should:

- be able to apply their own sunscreen
- be reminded to re-apply sunscreen
- have access to sunscreen for all outdoor activities e.g. include in a first aid kit

## Sunscreen reaction or allergy

The risk of allergies and cross infection from sunscreen use is very low. But where a student has experienced a reaction to sunscreen, parents or independent students should be encouraged to consult their doctor and seek a referral to a dermatologist to understand what may have caused a reaction and gain advice on ingredients that should be avoided in the future. Other sun protection measures should be followed when sunscreen can't be used.

Students with allergies to sunscreen will need to provide their own sunscreen.

Refer to [sunscreen reactions](#) for further information.

## Vitamin D

The sun's UV is both the major cause of skin cancer and the best source of vitamin D. Adequate vitamin D levels are reached through regular incidental exposure to the sun for most people.

When the UV index is 3 or above (generally from mid-August to the end of April in Victoria) most students and staff can maintain adequate vitamin D levels just by spending a few minutes outdoors on most days of the week.

When the UV index falls below 3, students and staff should spend some time outdoors in the middle of the day with some skin uncovered. In late autumn and winter when the UV index falls below 3, sun protection is not required unless you are at high altitudes, near highly reflective surfaces like snow, or are outside for extended periods.

Sensible sun protection does not put people at risk of vitamin D deficiency.

## Role-modelling



# YEA PRIMARY SCHOOL

*Respect · Empathy · Collaboration · Creativity · Integrity · Persistence*

[www.yeaps.vic.edu.au](http://www.yeaps.vic.edu.au)

[facebook.com/yeaprimarieschool](https://facebook.com/yeaprimarieschool)

As part of OHS risk control and role-modelling for students, during sun protection times when the UV levels are 3 or above, staff are encouraged to:

- wear broad-brimmed hats, clothing and sunglasses for all outdoor activities and duties
- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- seek shade whenever possible

During sun protection times, families and visitors participating in and attending outdoor school activities should also be encouraged to use a combination of sun-protection measures.

## Curriculum

Schools should ensure that education about skin cancer prevention is included in the curriculum for all year levels, where appropriate. SunSmart have a number of free resources for schools, visit [SunSmart primary school resources](#).

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.

Sunsmart activities and sun protection form part of the Health and Physical Education curriculum at all year levels.

## Related policies

- [Heat Health](#)
- [Shade Sails](#)
- [Student Dress Code](#)
- [Duty of care](#)

## Relevant legislation

- [Occupational Health and Safety Act 2004 \(Vic\)](#)

## POLICY REVIEW AND APPROVAL

Policy last reviewed	13 <sup>th</sup> September 2021
Approved by	Principal and School Council 13 <sup>th</sup> September 2021
Next scheduled review date	13/9/2025