



Kalinda Primary School No. 5121

## **Sunsmart Policy**

This policy applies to all school events on and off site.

### **RATIONALE**

Overexposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection and be protected from overexposure to the sun whilst at school.

### **PURPOSE**

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- 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.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

### **BACKGROUND**

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.

### **Legislation and Standards**

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

### **Implementation & Procedures**

- Staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://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 **September to the end of April** and whenever UV levels reach 3 and above.
- Whenever possible, outside activities on days with a high UV index rating will be scheduled before 11:00AM.

### **Healthy physical environment**

#### **1. Seek shade**

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council will provide adequate shade structures for students as practical.
- The availability of shade is considered when planning outdoor activities and excursions.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students without broad-brimmed hats will be restricted to play in designated shaded areas.

## Healthy Social environment

### 2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform / dress code.

### 3. Slap on a hat

- From **September to the end of April** and whenever UV levels reach 3 and above:
  - All students are required to wear school uniform, broad brimmed hats whenever they are outside
    - Baseball or peak caps and visors are not considered a suitable alternative.
  - Staff will act as role models by also wearing broad brimmed hats
  - Participation in outdoor Physical Education or sport sessions is reliant upon children wearing their broad brimmed hat.
- The School Council will ensure the school uniform broad brimmed hats are available for purchase from the uniform shop.

### 4. Slop on sunscreen

- Students and staff are encouraged to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- Students and staff will be actively encouraged to apply their sunscreen, particularly when they will be spending an extended period outdoors.
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

### 5. 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 and vitamin D are included in the Health and Physical Education curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through the school newsletter and school assemblies.

## Monitoring and review

- Our school is committed to the maintenance of its accreditation as a Sunsmart school from the Anti-Cancer Council of Victoria.
- This policy will be reviewed as part of the school's 3-year review cycle.

## Relevant documents / links

- The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & Workcover
- Catholic Education Commission of Victoria (CECV) Occupational Health & Safety Guidelines
- Independent Schools Victoria (ISV) Compliance Framework
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools -Government Response
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods.

*Next policy review: 28 February 2020*