SunSmart
policy for Pomonal Primary

When used in its entirety, this policy ensures your school is following current evidence-based Cancer Council sun protection guidelines and recommendations. Any changes or adjustments to the policy may mean it no longer meets SunSmart guidelines.

Please note this policy will be used ***during the daily sun protection times*** or ***whenever UV levels are 3 or higher.*** This will be determined by the SunSmart app and UV rating for the day, therefore students may be asked to wear hats and follow the SunSmart policy from terms 1 through to 4.

Pomonal Primary School SunSmart / sun protection policy

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

Rationale

The sun's ultraviolet (UV) radiation can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

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. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

By teaching sensible sun protection habits from an early age and implementing sun protection measures, schools can play a significant role in reducing skin cancer risk.

Purpose

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 our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

Legislation and Standards

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

Procedures

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au.

- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times.** *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. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.*

Environment

Seek *shade*

- The school council makes sure there are enough 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.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.
- 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.

Behaviours

Slip on *sun protective clothing*

- 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 and rash vests or t-shirts for outdoor swimming.

Slap *on a sun protective hat*

- All students and staff wear hats that protect their face, neck and ears (legionnaire, broad-brim or bucket hat), whenever they are outside. Caps and visors are not considered a suitable alternative.
- Students without a sun protective hat are provided with a spare hat where possible.

Slop *on sunscreen*

- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use OR Students provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- Sunscreen is applied in accordance with the manufacturer's directions (applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. staff to remind students to wear sunscreen).

Slide on *sunglasses* [if practical]

- Where practical students 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

- Programs on sun protection are included in the curriculum for all year levels.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- 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.

OHS

- 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.

- UV radiation exposure is considered as part of a school's risk management and assessment for all outdoor events and activities on and off-site e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen) are included in school camp activities, excursions, sports days and interschool sports events.

Monitoring and review

- The school council 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.

- The SunSmart policy is available to staff, students, families and visitors.

Next policy review: February 2022

Please note: Certain health conditions and medications mean some people are more sensitive to UV radiation and need to use sun protection at all times regardless of the UV levels. Please make sure your policy includes the particular needs of these children and staff at your school. For further information visit Risk factors for skin cancer.

Relevant documents / links

- DET Policy & Advisory Library Sun protection guidelines 2020
- Victorian School Building Authority (VSBA) Building Quality Standards Handbook (BQSH): Section 5.1.3, 5.1.4 Shade Areas (May 2021)
- Victorian Registration and Qualifications Authority (VRQA) Guidelines to the Minimum Standards and Requirements for School Registration - Care, safety and welfare of students (2020)
- DET Policy & Advisory Library Outdoor activities and working outdoors (2020)
- Catholic Education Commission of Victoria (CECV) Your Child's Health Wellbeing and Safety
- Independent Schools Victoria (ISV) – Sun Protection
  Victorian Early Years Learning and Development Framework (VEYLDF) (May 2016)
- Victorian Institute of Teaching (VIT) The Victorian Teaching Profession Code of Conduct - Principle 3.2
- Australian Professional Standards for Teachers (AITSL) – Standard 4.4 and 7.2
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools – Final Report (2007)
- ARPANSA Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- *Safe Work Australia:* Guide on exposure to solar ultraviolet radiation (UVR) *(2019)*
- *AS 4174:2018 Knitted and woven shade fabrics*
- *AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles*
- *AS 4399:2020, Sun protective clothing - Evaluation and classification*
- *AS/NZS 2604:2012 Sunscreen products - Evaluation and classification*
- *Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens:* 4. Labelling and advertising – directions for use of the product
  AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation.6.2.1: General considerations, 6.3.9: Shade and sun protection, Appendix A: Shade and sun protection
- United Nations. 1989. "Convention on the Rights of the Child." Treaty Series 1577 (November): 3

Last updated: July 2021
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