



**Purpose:**

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. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. 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.

**Guidelines:**

- The school will support staff and students to use a combination of sun protection measures when UV index levels are 3 or higher and allow sun exposure when UV levels are below 3
- The school will ensure it provides a safe school environment that provides shade for students, staff and the school community at appropriate times
- The school will ensure that families and new staff are informed of the School's SunSmart policy

**Implementation:**

- All staff will encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- Staff will be encouraged to access the SunSmart UV Alert at [sunsmart.com.au](http://sunsmart.com.au) to find out daily local sun protection times to assist with the implementation of this policy. A combination of sun protection measures for all outdoor activities from September to the end of April and whenever UV levels reach 3 and above, the level that can damage skin and eyes will be implemented
- On days where the UV Alert index reaches the very high to extreme range, and at the Principal's discretion the high range, a hot day timetable will be declared to protect students from undue UV exposure
- Classroom teachers will incorporate healthy approaches in line with current Department and Sunsmart policy to sun exposure and protection as part of the yearly classroom program to build student capacity in managing sun exposure risk for themselves

**1. Shade**

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The School Council will ensure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the School Council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to sit in the shade sail area adjacent to the Prep playground or where appropriate, a suitable area protected from the sun.

**2. Clothing**

- Sun protective clothing is included in the 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.

**3. Hats**

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative.

**4. Sunglasses [OPTIONAL]**

- 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.



#### **5. Sunscreen**

- Students must provide their own SPF 30+ broad spectrum, water resistant sunscreen.
- Classroom teachers will ensure that strategies are in place to remind students to apply sunscreen before going outdoors
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

#### **Staff OHS and Role modelling**

- As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff:
  - wear sun protective hats, clothing and sunglasses when outside
  - apply SPF 30+ broad spectrum, water resistant sunscreen
  - seek shade whenever possible.
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

#### **Evaluation:**

This policy will be reviewed with staff, student, parent and community input as part of the school's three year review cycle.