



SunSmart Policy



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This policy applies to all outdoor school activities on and off-site. The sun protection measures outlined in this policy are in effect for Term 1, 3 and 4, and when the UV radiation level is 3 and above at other times.

Rationale

Too much UV radiation can cause sunburn, skin damage, eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. Australia has one of the highest rates of skin cancer in the world with more than two out of three Australians being diagnosed with skin cancer in their lifetime. As the sun's UV radiation (which cannot be seen or felt) is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

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.

Procedure

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via Sentral or at sunsmart.org.au.
- The sun protection measures listed are used for all outdoor activities during the school day and any after school events that fall within the daily local sun protection times.
- Admin staff will update Sentral daily with UV rating and sun protection times.
- Teachers need to ensure they advise their class on the sun protection times every morning when completing their class attendance roll and daily notices via Sentral.

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. At these levels, sun protection is recommended for all skin types.

Environment:

SEEK Shade

- The school council makes sure there are sufficient 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 play spaces.
- On days when the temperature is 36° or above, as measured prior to each break, children will remain inside at Big Lunch and Little Lunch as stated on the Bureau of Meteorology, Salisbury North.
- A combination of sun protection measures including the availability of shade, is considered when planning all outdoor activities and excursions.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible.
- All students eat lunch indoors throughout the year.
- Students are encouraged to use available areas of shade when outside.
- A range of indoor activities are provided to students.
- 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 (Year 6 outside Blackwood building, R-5 in eating zone).
- 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.

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.
- The school's uniform / dress code also applies to casual clothes days.
- Students without appropriate clothing will be asked to use shaded areas.

SLAP on sun protective hat

- All staff and students wear broad-brimmed, bucket or legionnaire hats that protect their face, head, neck and ears, 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.
- Students without an appropriate hat will be asked to use shaded areas.

SLOP on sunscreen

- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use.
- Students are encouraged to provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen. (Students with a known allergy to a particular sunscreen must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen that is suitable for their skin type).
- Sunscreen is applied in accordance with the manufacturer's directions.
- Strategies are in place to remind and encourage students to apply sunscreen before going outdoors (e.g., reminder notices, teacher reminders, sunscreen monitors) with time for this scheduled into the daily routine.

SLIDE on sunglasses

- Where practical, students 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.

Work Health and Safety

- As part of WHS 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 where possible.
- SunSmart information is included in staff orientation handbook.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.

School Curriculum:

Learning

- Sun protection and UV safety education is incorporated into 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, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

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.org.au](https://www.sunsmart.org.au).
- The SunSmart Policy is available to staff, students, families and visitors.

Relevant documents / links

- SunSmart website <https://www.sunsmart.org.au>
- Australian Professional Standards for Teachers (AITSL) – Standard 4.4 and 7.2
- Safe Work Australia: Guide on exposure to solar ultraviolet radiation (UVR) (2019).
- Cancer Council SA – Sun Protection Policy review checklist for South Australian Primary schools.
- Bureau of Meteorology website www.bom.gov.au/sa/uv
- Online shade audit tool www.sunsmart.com.au/shade-audit
- Australian Curriculum website www.australiancurriculum.edu.au