



SunSmart

POLICY

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

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 from September until the end of April
- 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.

BROAD GUIDELINES

- A combination of sun protection measures are used for all outdoor activities from **September to the end of April**.
- Particular care is to be taken between 10am and 2pm AET (11am and 3pm Daylight Saving Time) when UV levels are at their peak.

IMPLEMENTATION

- All students will wear an approved school coloured hat that protects their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats (min 7.5cm brim), whenever they are outside between September 1 and April 30.
- Students who do not have appropriate hats will remain in the shade when outside between 9am and 3.30pm between September 1 and April 30.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- School uniform will incorporate appropriate sun protective clothing.
- Staff will model appropriate SunSmart behaviours and when working outside will take appropriate sun protection measures as required by the Occupational Health and Safety Act (2004).
- Students will be encouraged to use their own SPF 30+ broad spectrum, water resistant sunscreen, and allowed time to apply this product. However, staff are not to apply sunscreen to students.
- The school will have available for students and staff to apply SPF 30 or higher broad spectrum, water resistant sunscreen at sporting and outdoor events between September and April where it is necessary to be outside for extended periods. Families and staff will be advised of the brand of sunscreen available on relevant permission notices and in the newsletter.

- With parental consent, students with naturally very dark skin are not required to use sun protection measures to help with vitamin D requirements.
- Visitors to the school will be encouraged to model appropriate SunSmart behaviours.
- Education in skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- Students are not allowed to attend Garden City at lunchtime between the 1st September and 31st April without hats.
- Sun protection measures will be included in the arrangements for all outdoor activities (camps, excursions, sports carnivals etc).
- Staff and families are provided with information on sun protection and vitamin D through the school newsletters, Konnective reminders and the school's website.

EVALUATION

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

REVIEW

This policy will be reviewed as part of the school's three-year review cycle.

This policy was last ratified by School Council in: