

# Kangaroo Flat PS

## SunSmart Policy



Guiding Principle: Sun protection is used from 'September 1 to April 30' or 'whenever UV levels reach three or more'

This policy applies to all school events both 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 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)

### 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 1 to the end of April** and whenever UV levels reach 3 and above.

### Healthy physical environment

#### 1. Seek shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council makes sure 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 all other outdoor activities and excursions.
- 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 play in the shade or a suitable area protected from the sun.
- Extreme heat day policy- students remain inside
- Range of indoor activity spaces at recess times provide further options
- School recess times help to minimise sun exposure in peak UV periods of the day.

### Healthy social environment

#### 2. Slip on sun protective clothing

- Sun protective clothing is included in our 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 and rash vests or t-shirts for outdoor swimming. The use of sunglasses by students is on an individual basis in conjunction with families.

#### 3. Slap on a hat

- **All** students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. **Our school is a baseball cap free zone!**

#### 4. *Slop on sunscreen*

- Parents are encouraged to provide SPF 30 or higher broad spectrum, water resistant sunscreen for their student/s. Students are reminded to apply this.

#### 5. Learning and skills

- Programs on skin cancer prevention and vitamin D implemented at the start of September and the commencement of each school year as part of the PE and classroom program.
- SunSmart behaviour is regularly reinforced and promoted

#### **Engaging children, educators, staff and families**

- Staff and families are provided with information on sun protection and vitamin D exposure through the newsletter, with a particular focus during periods of prolonged very hot weather
- As part of OHS UV risk controls and role-modelling, the UV ratings are promoted via school announcements & a UV rating indicator.

#### **Monitoring and review**

- 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](http://sunsmart.com.au).
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

**Next policy review:** 2017

Endorsed. Sept 16, 2014

#### **Relevant documents / links**

[www.sunsmart.com.au](http://www.sunsmart.com.au)

DEECD memo to schools- S082-2014