

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Kangaroo Flat PS to minimise the risk of skin and eye damage and skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August – end of April)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

POLICY

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)
- peaks during school hours

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available via the SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

Kangaroo Flat PS has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

Kangaroo Flat PS will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for lunch
- the canteen
- outdoor lesson areas
- popular play areas
- assembly areas
- sporting grounds/pools.
- when planning excursions and all other activities

When building works or grounds maintenance is conducted at Kangaroo Flat PS that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

Sun protective uniform/clothing

Kangaroo Flat PS recommends that from 1st September to 30th April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

Kangaroo Flat PS school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities
- broad-brimmed hats (*Baseball type caps do not provide appropriate sun protection and are not part of our dress code*)
- From 1st September to 30 April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun.

Sunscreen

Kangaroo Flat PS encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

At Kangaroo Flat PS students are welcome to attend 1st aid or Gym to access sunscreen.

Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact Admin to implement a management plan to reduce the risk of an allergic reaction at school and/or to provide their own sunscreen.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Kangaroo Flat PS will address sun and UV safety education as part of Physical Education/Health program in lessons from Gr 3-6

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.

Staff OHS and Role modelling

Staff are encouraged to access the daily SunSmart UV Alert at (or on their own school website) to find out daily sun protection times to assist with the implementation of this policy.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff should:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible
- Provide learning programs across all classrooms.
- Frequent promotion of SunSmart awareness through the newsletter.
- Share clear SunSmart implementation processes & expectations with our community at the start of September and the new school year. SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use. [supplied by school and/or families]
- Remind students to apply sunscreen 20 minutes before going outdoors and to reapply every 2 hours
- Sharing of sunscreen is NOT permitted.

Engaging students, staff and families

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.

Kangaroo Flat PS provides families and staff with information, ideas and practical strategies to support UV safety at school and at home through newsletters, noticeboards, school website and school assemblies.

FURTHER INFORMATION AND RESOURCES

- the Department's Policy Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)
- [Achievement Program](#)'s SunSmart policy

REVIEW CYCLE

This template was updated in June 2020 to change all hyperlinks to Department policy to reflect the new Policy and Advisory Library (PAL) hyperlink. No other changes were made from the previous version dated February 2019.

This policy was last updated on 8th December, 2020 and is scheduled for review in December, 2023.