

## SUNSMART POLICY

### PURPOSE

The purpose of this policy is to encourage behaviours at St Albans Primary 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 term 1 and term 4.
- 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.

St Albans Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

#### **Shade**

St Albans Primary School will provide sufficient options for shelter and trees to provide shade on school grounds.

When building works or grounds maintenance is conducted at St Albans Primary School 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**

St Albans Primary School's 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

In Term 1 and term 4 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 this period by parent or student choice. Students who are not wearing a hat will be asked to play in the shade or in a suitable area protected from the sun.

Staff are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

### **Sunscreen**

St Albans Primary School 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.

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

### **Curriculum**

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. St Albans Primary School will address sun and UV safety education. 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.

### **Engaging students, staff and families**

Families and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. St Albans Primary School may provide families and staff with information through [insert communication strategies i.e. newsletters, noticeboards, school website, school assemblies.

## **FURTHER INFORMATION AND RESOURCES**

- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)

## **REVIEW CYCLE**

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

## **DOCUMENT STATUS**

<b>Reviewed</b>	<b>School Council Ratification</b>	<b>Next Review</b>
School Council Meeting	May, 2019	May, 2023