

## SUNSMART POLICY

### PURPOSE

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

This policy provides guidelines to:

- Ensure all students and staff are protected from over-exposure to UV radiation
- Support staff and students to use a combination of sun protection measures when UV levels are 3 or above (generally Mid-August to the end of April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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.

### IMPLEMENTATION

Excessive exposure to the sun's UV can cause health problems including sunburn, dehydration, 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 to the end of April)
- peaks during school hours

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au).

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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. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April. At these levels, sun protection is recommended for all skin types.

A combination of sun protection measures should be put in place during sun protection times from Mid-August to the end of April, and whenever UV levels reach 3 and above.

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

### **Shade**

Mount Waverley North Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- outdoor lesson areas
- popular play areas
- Emergency Assembly areas

The availability of shade is considered when planning all other outdoor activities.

When building works or grounds maintenance is conducted at Mount Waverley North 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.

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.

### **Sun protective uniform/clothing**

Mount Waverley North 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
- rash vests or t-shirts for outdoor swimming activities.

At recess and lunch times from Mid-August to the end of April, when UV levels frequently reach 3 and above, all staff and students **must** wear a hat when outside. Staff and 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.

### **Sunglasses**

Mount Waverley North Primary School encourages all staff and students, when exposed to UV radiation, to wear sunglasses that:

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- Are rated Category 3 of the Australian Standards for UV Protection
- Meet the Australian Standard for eye protection (AS 1067) (not fashion spectacles or those labelled as toys)
- Have a wraparound frame, designed to minimise unfiltered side light entering the eye
- Have lenses with UV 400 protection
- Have lens coatings to block reflected light from entering the eye; and
- Have polarised lenses.

### Sunscreen

Mount Waverley North Primary School encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from Mid-August to the end of April, and whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours when outside or more frequently if sweating or swimming.

Mount Waverley North Primary School has strategies in place within each level to remind students to apply sunscreen before going outdoors. Students are welcome to attend the first aid room to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the First Aid Officer / Office to implement a management plan to reduce the risk of an allergic reaction at school.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen when outside from Mid-August to the end of April or whenever UV levels reach 3 and above.

### Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Mount Waverley North Primary School will address sun protection, UV safety and Vitamin D education as part of Health lessons for all year levels.

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

### Engaging students, staff and families

Families and staff are provided with information, ideas and practical strategies to support UV safety and Vitamin D education at school and at home. Mount Waverley North Primary School may provide families and staff with information through the newsletter, Flexibuzz, the school website or at school assemblies.

As part of OHS UV risk controls and role-modelling, staff, families and visitors should:

- wear a sun protective hat, covering clothing and, if practical, sunglasses;
- apply sunscreen; and
- seek shade whenever possible

### EVALUATION

This policy will be reviewed in line with the school's Evaluation of Policies Timetable.

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