

# SUNSMART POLICY



## Help for non-English speakers

If you need help to understand this policy, please contact the school office

## PURPOSE

The purpose of this policy is to encourage behaviours at Delacombe 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 free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au). Delacombe PS has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

### **Shade**

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

- popular play areas
- assembly areas
- sporting grounds/pools.

When building works or grounds maintenance is conducted at Delacombe 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**

Delacombe PS recommends that from mid-August to end of 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.

Delacombe 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 shirts

Delacombe P.S uniform applies on and off-site unless otherwise advised. When students are not required to wear school uniform (such as school camps, free dress day), Delacombe will ensure steps are taken to encourage students to wear sun-protective clothing whenever UV levels reach 3 and above.

## **Hats**

First and 4th term 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 to wear a school hat that protects the face, head, neck and ears when outdoors.

Baseball or peaked caps and sun visors are not considered a suitable alternative, as they do not protect the ears, cheeks or neck.

Students who are not wearing appropriate protective clothing or hats will be asked to use available areas of shade when outdoors or a suitable area protected from the sun.

## **Sunscreen**

Delacombe 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.

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

## **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.

Families and staff are provided with information, ideas and practical strategies to support UV safety at school and at home

## **COMMUNICATION**

This policy will be communicated by being published on the school's website and a copy will be available from the school during office hours.

## **FURTHER INFORMATION AND RESOURCES**

The Department's Policy and Advisory Library:

- [Sun and UV Protection Policy](#)
- [Heat Health](#)
- [Outdoor Activities and Working Outdoors](#)
- [Risk Management – Schools](#)
- [Shade Sails](#)

- [Student Dress Code](#)
- [SunSmart](#) and Cancer Council Victoria.
- [Primary schools](#) free education resources, sample policies and information about the free [SunSmart Schools Program](#).
- [Secondary schools](#) free education resources and sample policies.
- [Sunscreen reactions](#).

## POLICY REVIEW AND APPROVAL

<b>Policy last reviewed</b>	Feb 2019
<b>Consultation</b>	Staff and School Council
<b>Approved by</b>	School Council
<b>Next scheduled review date</b>	Feb 2022 3 yearly