

SADDLEWORTH SUNSMART POLICY

Sun protection is used during terms one, three and four and whenever UV levels are 3 and above.

Policy

This policy applies to all school events on and off site.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This SunSmart Policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- assist students to be responsible for their own sun protection
- ensure families and new staff are informed of the school's SunSmart policy.

Staff are encouraged to access the daily local sun protection times on the SunSmart app or <http://www.myuv.com.au> to assist with implementing this policy.

Legislation

- **Work Health and Safety Act 2012**

Procedures

The school uses a combination of sun protection measures for all outdoor activities **during terms one, three and four and whenever UV levels reach 3 and above at other times**. A combination of skin protection measures are considered when planning outdoor events e.g. camps, excursions, sporting activities and swimming carnivals.

1. Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School

clothing is cool, loose fitting and made of closely 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.

2. Sunscreen

- Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
OR
- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every 2 hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder by teachers, notices in newsletter).
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

3. Hats

- 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. Baseball or peak caps are not acceptable.

4. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council ensures there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. lunch, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be monitored for UV.
- Students are encouraged to use available areas of shade when outside.

- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

5. Staff WHS and role modelling

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

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

6. Curriculum

- Programs on skin cancer prevention are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, and student and teacher activities and on student enrolment.

Policy Review

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every 3 years) and revise the policy when required.

Date of next policy review: .Term 2, 2023.

Relevant resources –

- **Sun protection times:** The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free SunSmart app, the free widget, in the weather section of the newspaper or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv>.
- **Creating effective shade:** This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit <http://www.sunsmart.com.au/shade-audit>
- **Generation SunSmart:** fun and interactive online sun protection modules for teachers, school nurses and year 6 - 9 students. Visit <http://www.generationsunsmart.com.au/>
- **SunSmart millionaire:** How SunSmart are you? An innovative online game-based resource for children aged 9-13 years that promotes the science behind the SunSmart message. Visit <http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Sites/Web/sunsmart/>