



## SUN SMART POLICY

*'School of the Good Shepherd Community promotes the safety, wellbeing and inclusion of all children in accordance with Ministerial Order No. 1359'*

This policy applies to all outdoor school activities on and off-site and is considered in the planning of all outdoor events.

### Rationale

Too much ultraviolet (UV) radiation exposure 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 later in life.

Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. As the sun's UV radiation (which cannot be seen or felt) is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

### Purpose

Given school hours fall within peak UV periods of the day, this comprehensive evidence-informed policy provides guidelines on effective UV protection strategies.

This Sun Smart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harm for students, staff and visitors.

### Legislation and Standards

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

### Implementation

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 Sun Smart App, or at [sunsmart.com.au](http://sunsmart.com.au) or [myuv.com.au](http://myuv.com.au)

The sun protection measures listed are used for all outdoor activities during the daily local sun protection times (whenever UV levels are 3 or higher), typically from mid-August to the end of April in Victoria.

*Please note: Certain health conditions and medications mean some people are more sensitive to UV radiation and need to use sun protection at all times regardless of the UV levels.*

## Procedures

### 1. Healthy physical environment

#### **Seek shade**

- The availability of shade is considered when planning all outdoor activities and excursions.
- 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.
- The school council makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas eg. where students have lunch, assemblies, sports, outdoor lessons and popular play spaces.

### 2. Healthy social-emotional environment

#### **Slip on sun protective clothing**

The school's uniform/dress code for students and staff applies to all outdoor events on and off-site including PE and sports lessons, interschool sports activities, excursions, camps and free dress days.

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts.
- Students without appropriate covering clothing will be asked to use shaded areas or suitable areas protected from the sun.
- Rash vests or t-shirts for outdoor swimming and water sport activities.

#### **Slap on a sun protective hat**

- **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 and visors are not considered a suitable alternative.
- Caps and visors are not considered a suitable alternative.
- Students without an appropriate hat will be asked to use shaded areas or suitable areas protected from the sun.

#### **Slop on sunscreen**

- Staff and students must provide their own SPF30 ( or higher ) broad spectrum, water resistant sunscreen
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours or more frequently if sweating or swimming.
- Strategies are in place to remind students to apply sunscreen before going outdoors (eg reminder notices, sunscreen monitors, sunscreen buddies)
- The school can supply SPF 30 (or higher) broad-spectrum, water resistant sunscreen for students to use if their parent has given permission for their child/ren to apply sunscreen supplied by the School of the Good Shepherd on the Sun protection agreement and permission form. Students who are not given permission on the form or not returned their form will be unable to be given the school sunscreen.

#### **Slide on sunglasses (optional)**

- Where practical, students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

### 3. Governance and leadership

#### **Staff role-modelling and OHS**

- As part of OHS UV risk controls and role-modelling, staff:
  - wear a sun-protective hat, covering clothing and, if practical, sunglasses;

- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
- seek shade whenever possible.
- SunSmart information is included in staff handbook
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.
- UV radiation exposure is considered as part of the school's risk management and assessment for all outdoor events and activities on and off-site, e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen) are included in school camp activities, excursions, sports days and interschool sports events.

#### **4. School and community partnerships**

##### **Families and visitors**

- For their own safety and to reinforce our school's sun protection strategies, families, visitors and volunteers are also asked to:
  - wear a sun-protective hat, covering clothing and, if practical, sunglasses;
  - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
  - seek shade whenever possible.

#### **5. School curriculum**

##### **Learning and skills**

- Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

##### **Monitoring and review**

- The staff regularly monitor and review the effectiveness of the Sun Smart policy (at least once every three years) and revise the policy when required by completing a policy review
- Sun Smart policy updates and requirements will be made available to staff, families and visitors.
- The school's SunSmart policy is easily accessible to staff, students and parents via [outline where policy can be found, e.g. the school website, school intranet and parent handbook].

##### **Relevant documents / links**

- SunSmart [Sun protection resources and information for primary schools](#)
- SunSmart [Sun protection advice for parents and carers](#)
- SunSmart [Sun protection information in different languages](#)
- Victorian Institute of Teaching (VIT), [The Victorian Teaching Profession's Code of Conduct](#) - Principle 3.2 (May 2021)
- [Australian Professional Standards for Teachers](#) (AITSL) – Standard 4.4 and 7.2
- Catholic Education Commission of Victoria (CECV) [Your Child's Health Wellbeing and Safety \(Parent Handbook\)](#)
- Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\)](#) (Mar 2020)

**This policy will be reviewed as part of the School Review's Process. This policy was last revisited in January 2023.**