

All Saints Parish School

Sun Smart Policy and Procedures

Reviewed: 2017

Revise: 2021

Purpose of this policy

To create environments and encourage behaviours which reduce over-exposure to UV radiation.

Note: Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Melanoma is the most common cancer in young Australians aged 13-24 years.

Policy

All Saints Parish School will:

* support staff and students to use a combination of sun protection measures when UV index levels are 3 or above and allow sun exposure when UV levels are below 3
* develop and implement policy and procedures promoting sun-safe practices in consultation with students, staff and parents
* review and, if necessary update, the policy at least once every three years.

Schools can access the daily sun protection times (issued whenever UV levels are forcast to be 3 or about) to assist with the implementation of this policy, see: [SunSmart](http://www.sunsmart.com.au/) for sun protection times.

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.

SunSmart - Sun Protection Times

The daily sun protection times let you know when you do and don't need sun protection each day. They are available via the free SunSmart app and widget, on the [SunSmart](http://www.sunsmart.com.au/) and [Bureau of Meterology](http://www.bom.gov.au/) websites and in the weather section of the newspaper.

All Saints Parish School will:

* access the daily protection times via the SunSmart app, add the SunSmart website as a favourite and upload the free SunSmart widget to the school homepage
* enlist students to help monitor the daily sun protection times and report them to the school community via the daily bulletin, assembly or PA announcements.

See:

* [SunSmart - homepage](http://www.sunsmart.com.au/)
* [SunSmart - SunSmart app](http://www.sunsmart.com.au/tools/interactive-tools/free-sunsmart-app)
* [SunSmart - Widget](http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget)
* [Bureau of Meterology - UV Index Forecast](http://www.bom.gov.au/vic/uv/)

UV exposure

**Overexposure** to UV radiation can cause:

* premature ageing
* sunburn
* skin damage
* eye damage
* skin cancer.

When UV levels are**3 or above**(generally from mid-August to the end of April in Victoria)

* sun protection, (including hats, sunscreen, clothing, shade and sunglasses) should be used when outdoors
* avoid deliberate and extended sun exposure
  + if outdoors for extended periods
  + when the UV levels reaches 3 and above.

Note: a few minutes of mid-morning or mid-afternoon sun exposure to arms and hands on most days of the week should be sufficient to maintain adequate vitamin D.

For more Vitamin D information, see**:**

* [Better Health: Vitamin D](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/vitamin_d?open)
* [SunSmart: Vitamin D](http://www.sunsmart.com.au/vitamin-d)

SunSmart programs

The School Advisory Council and staff will:

* develop and implement a UV communication strategy for the whole school community that includes:
* newsletters
* the school’s homepage / intranet
* school diary
* staff and parent meetings
  + school assemblies
  + excursions, camps, sports carnivals and events
  + student enrolment / new staff orientation.

The SunSmart membership program aims:

* ensure all stdent and staff are protected from over-exposure to UV radiation;
* ensure the outdoor environment provides shade for students and staff;
* esure students are encouraged and supported to develop independent sun protection skills to help the be responsible for their own sun protection;
* support duty off care requirements; and
* support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Sun protection measures

While some sun exposure is necessary for the production of vitamin D, it is important to keep in mind that all sun exposure carries a risk of skin and eye damage and skin cancer for all skin types. Extended and deliberate sun exposure without any form of sun protection when the UV Index is 3 or above is not recommended, even for those diagnosed with vitamin D deficiency.

For health and safety, All Saints Parish School will respond to each of the following UV protections measures during the daily local sun protection times (whenever UV levels are 3 or above).

Shade

The School Advisory Council will ensure that there are sufficient shelters and trees to adequately shade the school grounds, particularly in the following spaces:

* where students congregate for lunch
* the canteen
* outdoor lesson areas
* popular play areas
* assembly areas
* sporting grounds/pools.

The School Advisory Council and Principal will ensure there is provision for shade in planning for future buildings or grounds. The School will consider the availability of shade when planning excursions and other outdoor activities / events.

See**:**

* [School Infrastructure Online Portal](https://edugate.eduweb.vic.gov.au/Services/Schools/Infrastructure/Pages/Home.aspx)- for the Building Quality Standards Handbook
* SunSmart’s:
  + [Shade Audit](http://www.sunsmart.com.au/shade-audit/)- assists schools to determine the availability and quality of shade
  + [Seek shade](http://www.sunsmart.com.au/uv-sun-protection/seek-shade)

Clothing

Our School uniforms will include sun-protective clothing such as:

* loose, cool, closely-woven fabrics
* shirts with a collar and or higher necklines
* tops with elbow length or long sleeves
* longer style shorts and skirts
* rash vests or t-shirts for outdoor swimming activities.

Note: Singlet tops offer little protection and are not recommended.

See**:**

* [SunSmart’s Slip on clothing](http://www.sunsmart.com.au/uv-sun-protection/slip-on-clothing)
* Student Dress Code Health and Safety Considerations within [Related policies](http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx#4)

Hats

Students and staff will be required to:

* wear hat styles which protect the face, neck and ears, including:
  + broad brimmed
  + legionnaire
  + bucket.

Note: Caps and visors offer little protection and are not recommended.

See**:**[SunSmart’s Slap on a hat](http://www.sunsmart.com.au/uv-sun-protection/slap-on-a-hat)

Sunglasses

If practical, students and staff will wear close-fitting, wrap-around sunglasses that:

* meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4)
* cover as much of the eye area as possible.

See**:**[SunSmart’s Slide on sunglasses](http://www.sunsmart.com.au/uv-sun-protection/slide-on-sunglasses)

Sunscreen

All Saints Parish School will promote and remind students and staff to:

* apply SPF 30 (or higher) broad spectrum, water-resistant sunscreen
* apply a generous amount to clean, dry skin at least 20 minutes before going outdoors
* re-apply sunscreen every two hours (whether or not the label tells you do to this) or more often when sweating or swimming
* check and follow the use-by date stated on the packaging
* store sunscreen below 30°C
* do not rely on sunscreen alone as it does not provide full protection - combine with other sun protection measures
* add sunscreen to the school booklist, as an optional extra, so a student then has their own sunscreen which is suitable for their skin
* develop strategies that remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies, sunscreen stations near entry and exit points).

Students will:

* be able to apply their own sunscreen
* be reminded to reapply sunscreen
* have access to sunscreen for all outdoor activities e.g. include in first aid kit.

Sunscreen (allergies and cross infection) - the risk of allergies and cross infection from sunscreen use is very small. For information about allergies, cross infection, nanoparticles, regulations and the latest research about sunscreen, see [SunSmart's Slop on sunscreen](http://www.sunsmart.com.au/uv-sun-protection/slop-on-sunscreen)

Role-modelling

As part of OH&S risk control and role-modelling, during sun protection times when the UV levels are 3 or above, staff are encouraged to:

* wear broad-brimmed hats, clothing and sunglasses for all outdoor activities and duties
* apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen
* seek shade whenever possible.

During sun protection times, families and visitors participating in and attending outdoor school activities should also be encouraged to use a combination of sun-protection measures.

Curriculum

All Saints Parish School will ensure that education about skin cancer prevention and UV exposure levels are included in the curriculum for all year levels, where appropriate. SunSmart have a number of free resources for schools, see: [SunSmart primary school resources](http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood) or [SunSmart secondary school resources](http://www.sunsmart.com.au/communities/secondary-schools-program/secondary-schools-resources)

Occupational Health and Safety

UV radiation is a known workplace hazard for any staff working any part of their day outdoors. OH&S risk controls should consider the school environment including:

* developing shade
* modifying highly reflective surfaces
* higher risk times in Victoria between mid-August to the end of April (inclusive)
* outdoor programming schedules
* dress codes.

See**:**

* [WorkSafe Victoria](http://www.worksafe.vic.gov.au/): for *Occupational Health and Safety Act 2004* Sections 21 and 23: Main Duties of Employers Section 25: Duties of Employees WorkSafe Victoria > Laws and Regulations > Acts and Regulations
* [Worksafe Victoria: Sun Protection](http://www.worksafe.vic.gov.au/safety-and-prevention/health-and-safety-topics/sun-protection)
* Safe Work Australia: [Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight](http://www.safeworkaustralia.gov.au/sites/swa/about/publications/pages/gn2008protectionfromultravioletradiation)

Related policies

* [Student Dress Code - Health and Safety Considerations](http://www.education.vic.gov.au/school/principals/spag/management/pages/considerations.aspx)

Related legislation

* Occupational Health and Safety Act 2004

Department resources

* [Student Health and Safety](http://www.education.vic.gov.au/school/principals/health/Pages/default.aspx)