

Light Pass Primary School Sun Smart Policy



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 SunSmart policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

Implementation

In line with the Department for Education requirements and SunSmart guidelines, the following practices are for implementation during terms 1, 3 and 4 and when the UV radiation level is 3 and above at other times.

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.

When the UV is below 3 in term 2, staff and students are encouraged not to wear sun protection to support vitamin D maintenance.

Protection strategies include:

1. Wide brimmed or bucket hats to be worn Term 1, 3 and 4.
Students without hats are directed to a shaded area or sat out on an extreme day
Staff also adhere to the school rule of wearing hats on duty throughout the year.
Parents/caregivers are also encouraged to wear suitable hats when attending outdoor school functions.
2. School uniform consist of a polo shirt with collar, shorts/long pants or dress. Sleeveless tops not allowed and length of shorts/skirts is monitored. Grounds person is encouraged to wear long sleeved shirts and a broad brim hat.

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3. Sunscreen (SPF 30+ or higher, broad spectrum, water resistant) is available in all classrooms and, when the UV is 3 and above, students reminded to apply 20 minutes before they go out to play, and reapplied every 2 hours when outdoors or more frequently when perspiring or involved in water activities. Sunscreen is taken on excursions and applied.
4. One playground is covered by a shade cloth, a basketball court has been covered with a solid roof and trees provide shade for the second playground.
School rules support students being encouraged to play in protective areas in accordance with the expected UV index for the day.
The availability of shade is considered when planning outdoor activities and events.
5. Sun protection is taught across all year levels through the health curriculum.
6. Consideration of choice of activity and time undertaken during the school day is a staff room discussion during the summer months. Where possible, activities will be rescheduled outside of the peak UV times of the day, or where possible are set up in the shade.
7. We use the newsletter and personal approach to reinforce and promote our sun smart policy to the local community.
8. All staff, parents and visitors are asked to role model sun protection practices including wearing a hat, sun protective clothing, sunscreen, sunglasses and seeking shade when involved in outdoor activities at school.

HOT WEATHER POLICY

1. Students stay in classrooms for extremely hot days (temps 36+).
2. Students are encouraged to have water bottles on their desks every day.
3. There is a refrigerated water fountain available for students to use to refill their water bottles.

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