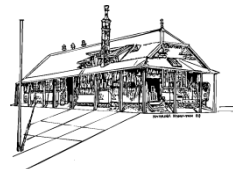


# Longwood Primary School No. 2707

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## **POLICY STATEMENT SUNSMART POLICY**

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

### **Purpose**

This SunSmart 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 harms for staff and visitors

### **Background**

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

### **Legislation and Standards**

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

### **Procedures**

- Staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](http://sunsmart.com.au) or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above.

### **Guidelines**

- Children are to be encouraged to wear a broad brimmed hat in the playground. The wearing of hats in the playground will be compulsory during **September to the end of April** and whenever UV levels reach 3 and above.
- Any child not wearing the appropriate hat will be excluded from the playground.
- Sunscreen (SPF 30+ broad spectrum) will be provided for use by children when in the playground and when conducting activities where exposure to the sun will occur. Sunscreen will be available in each room and the children are to be encouraged to use sunscreen.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements

- A blue broad brimmed hat be provided for each child as a part of the school uniform. This hat is to remain at school for use at school or on school related activities. Baseball or peak caps and visors are not considered a suitable alternative.
- Children are allowed to wear UV rated sunglasses in the playground at all times.
- Encourage children play in shaded areas of the playground **September to the end of April** and whenever UV levels reach 3 and above.
- When planning future and existing play areas in the school grounds, consideration should be given to the provision of shade areas.
- A shade audit to be conducted regularly to determine the current availability and quality of shade.
- The school council to make sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all outdoor activities and excursions.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the service's website.
- Encourage staff and parents to act as role models by practising Sunsmart Behaviours.
- Incorporate programs on skin cancer prevention into the curriculum (ie. Health program).
- As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff, families and visitors:
  - wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
  - apply sunscreen
  - seek shade whenever possible

### **Monitoring and review**

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at [sunsmart.com.au](http://sunsmart.com.au).
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

**Next policy review:** 9<sup>th</sup> October 2014.

### **Relevant documents / links**

- The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & Workcover
- Catholic Education Commission of Victoria (CECV) Occupational Health & Safety Guidelines
- Independent Schools Victoria (ISV) Compliance Framework
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools -Government Response
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods