



# South Port Primary School Sun Smart 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 major 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 sun protection 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 sun protection policy.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

## Legislation

Work Health and Safety Act 2012

## Procedures

- Staff are encouraged to access the daily sun protection times on the SunSmart app, [myuv.com.au](http://myuv.com.au) or [bom.gov.au/uv/index.shtml](http://bom.gov.au/uv/index.shtml) to assist with implementing this policy.
- The school uses a combination of sun protection measures for all outdoor activities from 1 August to 30 April 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).
- Families and new staff are informed of the school's SunSmart policy.

## Healthy physical environment

### 1. Seek shade

- The school governing council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- Students are encouraged to use available areas of shade when outside.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students who do not have appropriate hats or clothing (very short skirts, dresses and shorts that expose the legs) are asked to play in the shade.

## Healthy social environment

### 2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform / dress code. School clothing is cool, loose fitting and includes shirts with collars, longer style dresses, elbow length sleeves and longer style (knee length) shorts are encouraged. Wetsuits, rash vests and T shirts will be worn over bather when swimming outside.

### 3. Slap on a hat

- **All** students and staff are required to wear hats that protect their face, neck and ears, i.e. bucket hats, broad rim hats, whenever they are outside from 1<sup>st</sup> August to 30<sup>th</sup> April. Baseball or peak caps and visors are not considered a suitable alternative.

#### 4. **Slop on sunscreen**

- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use, If there is signed permission to apply, if they have not given permission, they are encouraged to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen, or stay out of the sun.
- 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).

#### 5. **Slide on sunglasses [if practical]**

- Where practical students and staff 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.

#### 6. **Staff WHS and role modelling**

As part of WHS UV risk controls and role modelling, staff will:

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

#### 7. **Outdoor Events**

- Events will be scheduled, where possible outside of peak UV hours.
- Staff and parents will encourage that adequate protection is used when children are in the sun for a prolonged time (ie Sports Day, Excursions, SAPSASA activities). Parents and other family members will be encouraged to use a combination of sun protection methods
- Such protection being :
  - A Wide-brimmed hat.
  - Suitable and appropriate clothing (ie shirts with collars, long sleeves, longer style shorts)
  - Sun-screen (SPF 30 broad spectrum and water resistant) Reapplied every two hours
  - Regular fluid intake
  - Use of the shade of trees, pergolas, umbrellas and tents

#### 8. **Curriculum**

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

### **HOT WEATHER**

#### **Days of extreme heat**

- On days of extreme heat, where the forecast temperature is 36° or over, Leadership will check the forecast prior to break times. If the temperature at that time is 36° or above, children will be kept inside during break times and no classes will be conducted in outdoor areas.

Students will be supervised in their units by staff rostered for duty, enabling staff to have their usual lunch/recess break.

Southern Duty: Patha Unit

Oval Duty: Mirnu Unit

Northern Duty: Yulti Unit

Library/ computer: As per normal max of 30 students

#### **Policy promotion:**

SunSmart behaviour is regularly reinforced and promoted to the whole school community (e.g. via newsletters, assemblies, bulletin boards, parent and staff meetings) and all families and staff members are informed of the policy.

#### **Policy review:**

The school council and staff regularly monitor and review the effectiveness of the sun protection policy (at least every three years) and revise the policy when required.

**Date of next policy review:** February 2024

**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 to place on your website (download via [cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget](http://cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget)), [myuv.com.au](http://myuv.com.au), in the weather section of the newspaper or the Bureau of Meteorology website [bom.gov.au/sa/uv](http://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 [sunsmart.com.au/shade-audit](http://sunsmart.com.au/shade-audit).

**Generation SunSmart**

Fun and interactive online sun protection modules for teachers, school nurses and year six to nine students. Visit [generationsunsmart.com.au](http://generationsunsmart.com.au).

**SunSmart millionaire**

How SunSmart are you? An innovative online game-based resource for children aged nine to 13 years that promotes the science behind the SunSmart message. Visit [app.education.nsw.gov.au/rap/resource/access/a0d1bab8-c857-4bf6-9b95-640d3776b20d/1](http://app.education.nsw.gov.au/rap/resource/access/a0d1bab8-c857-4bf6-9b95-640d3776b20d/1).

**SunSmart hat-wearing toolkit**

Leads staff through simple steps, with useful tips and resources, to reinforce current SunSmart hat-wearing behavior to reach 100 per cent compliance or to phase out baseball caps. Visit [cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit](http://cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit).