

Guideline

SunSmart – Junior and Senior Schools

1. Purpose

This SunSmart guideline provides recommendations to:

- ensure students and members of staff have some UV exposure for vitamin D
- ensure students and members of 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 students and members of staff appropriate shade
- encourage and support students in developing independent sun protection skills
- support duty of care requirements
- support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

2. 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.

3. Legislation and Standards

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

4. Procedures

- you are encouraged to access the daily local sun protection times (UV Alert) at sunsmart.com.au or on the free SunSmart app to assist with the implementation of these guidelines.
- 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.

5. Healthy Physical Environment

a) Seek shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- the college ensures there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where you congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.

- the availability of shade is considered when planning all other outdoor activities and excursions.
- in consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- The college encourages the use of available areas of shade when outside.
- if students do not have appropriate head wear or outdoor clothing they will be asked to play in the shade or a suitable area protected from the sun.
- activities and classes may be moved inside, or cancelled, on extreme temperature days.

b) Slip on sun protective clothing

- sun protective clothing is included in the school uniform and sports uniform.

c) Slap on a hat

- students are encouraged to wear hats that protect the face, neck and ears, ie. Legionnaire, broad brimmed or bucket hats, whenever they are outside

During Term 1 and Term 4:

- appropriate headwear (Junior School - Scotch grey summer hat or the new Scotch red bucket hat; Senior School – Scotch red cap) must be worn when involved in outdoor activities, including outdoor training and Saturday sport.

d) Slap on sunscreen

- students are encouraged to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen
- the school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for use
- dispensers are located in several places around the college campus
- sunscreen should be applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors

e) 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. Learning and Skills

SunSmart behavior is regularly reinforced and promoted to the whole school community through newsletters, the school website, parent meetings, staff meetings, school assemblies, and on student enrolment.

7. Monitoring and Review

The School regularly monitors and reviews the effectiveness of the SunSmart guidelines (at least once every three years) and revises the guidelines when required by completing a review.

SunSmart guideline updates and requirements will be made available to staff, families and visitors.