

# Sun & UV Protection

## POLICY



### **Rationale:**

- To create environments and encourage behaviours which reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.
- Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer in later life.

### **Behaviour:**

The sun protection measures listed below are used for all outdoor activities **during the daily local sun protection times**. The sun protection times from the Bureau of Meteorology tell you the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

- Sun protective clothing is included in our school uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts.
- Students are not permitted to swim outdoors without a rash vest or t-shirt.
- Children are to wear a wide brimmed (at least 8 cm) hat, bucket hat or a legionnaire style hat when outdoors during school hours.
- Children are encouraged to wear wraparound sunglasses that meet Aust standard 1067 (Sunglasses category 2, 3 or 4).
- The school provides SPF30 (or higher) broad spectrum, water resistant sunscreen for staff and student use. The sunscreen is to be kept below 30°.
- Parents are to advise staff if your child is sensitive to any sun screens and provide the school with a sunscreen that the child can use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Encourage children to use available areas of shade for outdoor activities and those without correct sun protection (sunscreen and hats) must play in the covered outdoor learning area.

### **Curriculum:**

- Incorporate programs on skin cancer prevention and vitamin D into the curriculum
- Regularly reinforce SunSmart behaviour in a positive way through newsletters, parent meetings, student and teacher activities.
- Assist all students to be responsible for their own sun protection.

### **Environment:**

- Organise outdoor activities in areas with plenty of shade if possible.
- Work toward increasing the number of shelters and trees so as to provide adequate shade in the school grounds, particularly in high-use areas e.g. where students have lunch, assemblies, sports, outdoor lessons and popular play spaces..
- Access the SunSmart UV Alert app, daily, so staff and students can enforce their sun protection measures.
- As part of OHS UV risk controls and role-modelling, staff, families and visitors:
  - wear a sun protective hat, covering clothing and, if practical, sunglasses;
  - apply sunscreen; and
  - seek shade whenever possible.

**Evaluation:** This policy will be reviewed as part of the school's three year review cycle.

**This policy was ratified at Airly Primary School Council's meeting held on:**

**August 14, 2017**