

Sun Smart Policy 2020

Athelstone School's sun protection 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 critical 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.

Legislation

- Work Health and Safety Act 2012

Procedures

Staff access the daily local sun protection times on the SunSmart app or <http://www.myuv.com.au/>, to assist with implementing this policy.

The school uses a combination of sun protection measures for all outdoor **activities during terms one, three and four, 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.

1. Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts. Rash tops or t-shirts are advised for outdoor swimming.

2. Sunscreen

- Students may 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 staff and students' use.
- Strategies are in place to remind students to apply sunscreen 20 minutes before going outdoors (e.g. reminders by teachers and school wide announcements.)
- For extended outdoor activities, sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors.
- Vitamin D deficiency can occur across all skin tones. Please check with your GP or paediatrician for individual vitamin D requirements.

3. Hats

All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats in terms, 1, 3 & 4 and whenever the UV is 3 or above. **Baseball or peak caps are not acceptable.**

4. Shade

- A shade audit is conducted annually to determine the current availability and quality of shade.
- The governing council ensures there is a sufficient number of shelters, portable shade structures 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 excursions and all other outdoor activities.
- In consultation with the governing council, shade provision is considered in plans for future buildings and grounds.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be planned with shade and UV levels in mind.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or clothing will be redirected to the amphitheatre area (outside of the John Poole Hall).

5. Sunglasses (optional)

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067.1:2016 (Sunglasses: lens category two, three or

four) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

6. Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will:

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

Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

7. Curriculum

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

8. OSHC

- **Before school care:** sun protection is not required as the UV radiation levels are rarely 3 and above during this time. During terms 1 and 4 it is recommended to apply sunscreen to assist with sun protection for the remainder of the day (optional). Hats are to be worn while outside in terms 1, 3 and 4 and whenever the UV is 3 or above.
- **After school care:** sun protection is required during terms 1 and 4, and whenever the UV is 3 and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during terms two and three.
- **Vacation care:** sun protection is required for all outdoor activities in terms 1, 3 and 4 and whenever the UV is 3 and above at other times.

Policy review

The governing 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: 2022