



# SUNSMART POLICY

## BLACKBURN LAKE PRIMARY SCHOOL

Florence Street Blackburn 3130

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

### RATIONALE

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 strongly 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.

### AIMS

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support duty of care requirements; and
- support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

### IMPLEMENTATION

- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**.

*The sun protection times are a forecast from the Bureau of Meteorology for 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.*

### **Procedures**

- Staff and students are encouraged to access the daily local sun protection times at [sunsmart.com.au](https://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 **August 1<sup>st</sup> to the 31<sup>st</sup> April** and whenever UV levels are forecast to reach 3 and above.

#### **1. Seek shade**

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school 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. 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.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

#### **2. Slip on sun protective clothing**

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

### 3. *Slap on a hat*

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative.

### 4. *Slop on sunscreen*

- Students are advised to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. This is advised in the school newsletter.
- Sunscreen should be applied, where possible, before going outdoors and reapplied every two hours if outdoors.

### 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. This is particularly relevant for camps/excursions.

### Learning and skills

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

### Relevant documents / links

- DET School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2016)
- DET [The Compact: Roles and Responsibilities in Victorian government school education](#): Principle 3 (2012)
- DET [OHSMS Implementation Guide](#) (2009)
- DET [Building Quality Standards Handbook](#) (BQSH): Section 8.5.5 Shade Areas
- DET [Guidelines for School Playgrounds](#) –Playground safety management: Section 3.2.5 (2012)
- DET [Outdoor activities](#)
- Catholic Education Commission of Victoria (CECV) [Your Child's Health Wellbeing and Safety](#) (Primary)
- Independent Schools Victoria (ISV) [Managing a school – Health & Safety Compliance Framework: OHS >Sun Protection](#)
- [My Time, Our Place: Framework for School Age Care in Australia](#) (2011)
- [Victorian Early Years Learning and Development Framework](#) (VEYLDF) (May 2016)
- Victorian Institute of Teaching (VIT) [The Victorian Teaching Profession Code of Conduct](#) - Principle 3.2
- [Australian Professional Standards for Teachers](#) (APST) – Standard 4.4 and 7.2
- Education and Training Parliamentary Committee Inquiry into [Dress Codes and School Uniforms in Victorian Schools –Final Report](#)
- ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
- Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)
- AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles
- AS/NZS 4399:2017, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](#)
- AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation.6.2.1: General considerations, 6.3.9: Shade and sun protection, Appendix A: Shade and sun protection

### EVALUATION

- This policy will be reviewed within three years.
- **RATIFIED BY SCHOOL COUNCIL: December 2017**
  
- **PRINCIPAL: Loisia Steed SCHOOL COUNCIL PRESIDENT: Dan Watts**