



SUNSMART POLICY
BLACKBURN LAKE PRIMARY SCHOOL
Florence Street Blackburn 3130

PURPOSE

The purpose of this policy is to encourage behaviours at Blackburn Lake Primary School to minimise the risk of skin and eye damage and skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August – end of April)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

POLICY

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)
- peaks during school hours

Sun safety is a shared responsibility and staff, parents and students are encouraged to access the daily local sun protection times at 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 **1st August to the 31st April** and whenever UV levels are forecast to reach 3 and above.*

Blackburn Lake Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

Blackburn Lake Primary School will provide sufficient options for shelter and trees to provide shade on school grounds. In addition to this:

- 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.

When building works or grounds maintenance is conducted at Blackburn Lake Primary School that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

Sun protective uniform/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.

From **1st August to the 31st April** students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities for example broad-brimmed, legionnaire or bucket. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Sunscreen

Blackburn Lake Primary School encourages students to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. Communicated to the community via the school newsletter.

Staff and students should apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to manufacturer's instructions.

Sunglasses

Where practical Blackburn Lake Primary School 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.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. 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.

FURTHER INFORMATION AND RESOURCES

- the Department's Policy Advisory Library:
 - Sun and UV Protection Policy
 - Duty of care
- SunSmart

REVIEW CYCLE

This policy was ratified by School Council in November 2020 and is scheduled for review in November 2023.

PRINCIPAL: Loisia Steed SCHOOL COUNCIL PRESIDENT: Jennee Chan

