

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.

Procedures

Staff are encouraged to access the daily local sun protection times on the Sun Smart 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 (or 1 August to 30 April 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.

Clothing

- Sun protective clothing is included in the school uniform/dress code, including shirts with collars and the wearing of a rash vest or close fitting T-shirt over bathers for outdoor swimming activities.
- When participating in extra-curricular events such as sports day, aquatic activities and camps where a school uniform may not be worn, students are required to wear suitable clothing to protect them from the sun. Mid-riff and singlet tops are not appropriate.

Sunscreen

- The use of sunscreen is compulsory. Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen. (Students with a known allergy to a particular sunscreen must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen that is suitable for their skin type).
- The school will supply additional SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students for school camps and excursions.
- Sunscreen is applied at least 20 minutes before going outdoors (preferably before arriving at school for an excursion/event) and reapplied every two hours if remaining outdoors. Students are to apply their own sunscreen under the supervision of the classroom teacher/school staff. Teachers will not apply sunscreen on students.

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- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

Hats

- All students and staff are required to wear hats that protect their face, neck and ears e.g. the standard uniform bucket hat whenever they are outside. Baseball or peak caps are not acceptable. Students will be reminded prior to recess & lunch breaks to wear a hat. The no hat no play rule will apply, students without hats will be directed to stay in shaded areas.

Shade

- Students are provided with adequate shade within the school grounds by trees and shaded structures, including 2 large COLAs. All play grounds are shaded.
- In consultation with the school council, shade provision will be considered in plans for any future buildings and grounds.
- Care is to be taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible.
- Students are encouraged to use available areas of shade when outside.
- Outdoor activities will be scheduled to minimise sun exposure during peak UV radiation times (between 10.00am - 3pm from beginning of August to end of April).
- On days when the temperature is 35° or above, as measured prior to each break, children will remain inside at recess and lunchtimes as stated on the Bureau of Meteorology, Burton.

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.
- Induction of new staff in relation to the Sun Protection Policy will occur as required through induction and the Staff Induction Booklet.

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.

Curriculum

- Programs on skin cancer prevention are included in the curriculum for all year levels, every year.
- Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, website, school assemblies, student and teacher activities and in the Student Information Booklet.


Relevant Procedures / Working Documents / Publications / Research

- **Sun protection times:** The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free Sun Smart app, the free widget to place on your website (download via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>), in the weather section of the newspaper or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv>.
- **Creating effective shade:** This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit <http://www.sunsmart.com.au/shade-audit>.
- **Generation Sun Smart:** Fun and interactive online sun protection modules for teachers, school nurses and year 6-9 students. Visit <http://www.generationsunsmart.com.au/>.
- **Sun Smart millionaire:** How Sun Smart are you? An innovative online game-based resource for children aged 9-13 years that promotes the science behind the Sun Smart message. Visit: <http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Sites/Web/sunsmart/>
- **Cancer Council SA** – Sun Protection Policy review checklist for South Australian Primary schools.

Legislation

- Work Health and Safety Act 2012

Signed and endorsed by:



Principal
Date:



Governing Council Chairperson
Date: