



# Carrum Primary School 3385

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## Sunsmart Policy

### Rationale:

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

### Aims:

- Ensure all students and staff get some UV for vitamin D.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above to minimise skin and eye damage and skin cancer risk.
- 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 that families and new staff are informed of the school's SunSmart policy.

### Implementation:

Staff are encouraged to access the SunSmart UV Alert at [sunsmart.com.au](http://sunsmart.com.au) or via our school website, to find out daily local sun protection times to assist with the implementation of this policy.

We use a combination of sun protection measures for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above, the level that can damage skin and eyes.

#### **1. 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 excursions and all other outdoor activities.
- 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. 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 longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

### **3. Hats**

**All** students and staff are required to wear hats that protect their face, neck and ears. A wide brimmed hat (8cm) is to be worn during all outdoor activities. These are available to purchase at school and at the uniform shop (PSW). Peak caps or visors are not considered a suitable alternative.

### **4. Sunglasses [OPTIONAL]**

- 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.

### **5. Sunscreen**

- Students can provide their own SPF 30+ broad spectrum, water resistant sunscreen.
- The school supplies SPF 30+ broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is encouraged to be applied by the students at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

### **Staff OHS and Role modelling**

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

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

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

### **Resources**

**SunSmart UV Alert:** available as a free SunSmart app, online ([sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au/weather/uv](http://bom.gov.au/weather/uv)), in the weather section of newspapers. The sun protection times show when the UV is forecast to be 3 or above.

### **Evaluation:**

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

**This policy was ratified by School Council on 16/05/2017  
Due for review May 2020**