

SUN PROTECTION POLICY

PURPOSE

The purpose of this policy is to encourage sun protection behaviours at Plenty Parklands Primary School to minimise risk of health problems from sun overexposure, including 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 (start of September to the end of April in Victoria)
- 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 on and off site, including camps and excursions. It is applicable to all students, staff and parents when in a volunteer role.

POLICY

Overexposure 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 damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

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 day and year (highest in Victoria from start of September to the end of April in Victoria)
- peaks during school hours.

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above. Information about the daily local sun protection times is available via the SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

Plenty Parklands Primary School has the following measures in place for all outdoor activities during the daily sun protection times to help reduce the risk of excessive UV sun exposure for staff and students.

The Sun Protection policy is reflected in the planning of all outdoor events (i.e. camps, excursions, sporting events).

Shade

Plenty Parklands Primary School provides sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- the canteen
- outdoor lesson areas
- popular play areas/playgrounds
- assembly areas
- sports ground

Students are encouraged to use available areas of shade when outdoors during peak sun protection times, particularly if they do not have appropriate hats or outdoor clothing.

When building works or grounds maintenance is conducted at Plenty Parklands Primary School that may impact on the level of shade 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

Plenty Parklands Primary School's school uniform and dress code includes sun protective clothing, including:

- loose, cool, closely woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

Plenty Parklands Primary School's uniform or dress code applies on and off site unless otherwise advised. When students are not required to wear school uniform (such as school camps, free dress day), Plenty Parklands Primary School will ensure steps are taken to encourage students to wear sun-protective clothing whenever UV levels reach 3 and above.

Hats

From 1 September to 30 April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the September to April time period, by parent or student choice.

Students wear a school hat that protects the face, head, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket hat.

Plenty Parklands Primary School implements a **NO HAT NO PLAY** rule for students who are not wearing an appropriate sun protect hat. At recess and lunchtime, students without a hat sit outside the library in the shade under the covered way. **NO hat, NO play, NO fun today.**

Request staff and parents act as role models by practising SunSmart behaviour - staff to wear hats whenever they are outside. Staff are asked not to wear string tops or singlets (refer to Staff Dress Code Policy).

Sunscreen

Plenty Parklands encourages all staff and students to 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 (or more frequently if sweating or swimming).

We ask families to model SunSmart behaviour and they are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

While the school does not supply sunscreen sport staff have sunscreen available for self application prior to physical education lessons.

Sunglasses

Where practical, Plenty Parklands Primary School encourages students and staff engaged in outdoor activities 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. They are supported to understand effects of sun exposure and are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school. Plenty Parklands Primary School will address sun and UV safety education as part of the health curriculum.

Staff role-modelling and OHS

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.

UV radiation exposure is considered as part of our school's risk management and assessment for all outdoor events and activities, i.e. UV radiation protection strategies are included in school camp activities, excursions, sports days and interschool sports events.

Families and visitors

Families and visitors participating in and attending outdoor school activities are encouraged to:

- wear a sun-protective hat, covering clothing and, if practical, sunglasses;
- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
- seek shade whenever possible when outdoors.

Community engagement

Sun protection behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

Families, students and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. Plenty Parklands Primary School may provide information through the newsletter, noticeboards, school website and school assemblies.

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Included in staff induction processes
- Included in staff handbook/manual
- Reminders in our school newsletter
- Hard copy available from school office upon request

FURTHER INFORMATION AND RESOURCES

- the Department's Policy and Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Heat Health](#)
 - [Outdoor Activities and Working Outdoors](#)
 - [Risk Management – Schools](#)
 - [Shade Sails](#)
 - [Student Dress Code](#)
- [SunSmart](#) and Cancer Council Victoria.
 - [Primary schools](#) free education resources, sample policies and information about the free [SunSmart Schools Program](#).
 - [Secondary schools](#) free education resources and sample policies.
 - [Sunscreen reactions](#).

POLICY REVIEW AND APPROVAL

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| Policy last reviewed | July 2023 |
| Consultation | Leadership – July 2023 School Council – September 2023 |
| Approved | Principal and endorsed by School Council in September 2023 |
| Next scheduled review date | July 2026 |