



LLPS POLICY

1108 Sunsmart

1. PURPOSE:

- a. The Sunsmart Policy exists so that staff and students can achieve a healthy balance of the sun's ultraviolet (UV) radiation exposure.

2. GOALS:

- a. To foster an understanding that sun protection is necessary and important for health to ensure a balanced exposure to the sun's ultraviolet (UV) radiation
- b. To develop knowledge, attitudes and skills which will enable students to make informed choices about sun protection
- c. To encourage students to take an increasingly active and responsible role in their own sun protection and SunSmart behaviours
- d. To implement the Cancer Council's SunSmart slogan: 'slip, slop, slap, seek and slide'.

3. IMPLEMENTATION:

General Information for SunSmart Behaviour:

- a. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world
- b. Sun protection is needed whenever UV levels reach 3 (three) and above.
- c. In Victoria, average UV levels are three and above from the beginning of September to the end of April. During these months particular care should be taken during the middle of the day between 10am – 3pm; when UV levels reach their peak
- d. UV Index levels reach their peak between 10.00am and after 2.00pm (11.00am and 3.00pm in summer)
- e. Sunscreen is best applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.

Actions:

The School Council will conduct an independent shelter protection audit and endeavour to provide 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.

- f. The SunSmart policy is considered when planning all outdoor events (e.g. assemblies, camps, excursions and sporting events)
- g. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues
- h. Sun protective clothing is included in our school uniform, dress code and sports uniform. School clothing is made of close weave fabric (with SPF ratings of 50+ where possible) and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- i. From September to the end of April, the school requires students to wear broad-brimmed hats which protect the face, neck and ears whenever they are outside (e.g. recess, lunch, sports, carnivals, excursions and activities)
- j. Students who do not have their broad-brimmed hats or appropriate clothing during the day during the mandated periods are to be sitting in designated shaded passive play areas
- k. Staff and students will be required to provide SPF 30+ broad spectrum, water resistant sunscreen for personal use.
- l. Students are reminded to apply sunscreen before going outdoors via verbal and visual means
- m. With parental consent, students with naturally very dark skin (skin that rarely or never burns) are not required to wear sunscreen.



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- n. On days of extreme weather conditions, it is up to the discretion of the Principal Team as to whether a hot day timetable will be enforced
 - o. During school supported outdoor activities (e.g. outdoor swimming, outdoor extracurricular activities), students will be encouraged to wear activity appropriate sun protective clothing and adopt sensible protective habits as well as planning for adequate intake of fluids and finding shade. Examples of activity appropriate sun protective clothing include; for swimming wearing broad-brimmed hats, rash vests and waterproof sunscreen; for sports days, t-shirts, sunscreen, broad-brimmed hats and sunglasses
 - p. Encourage students to use existing areas of shade for outdoor play or spectator activities.
 - q. Children and staff are encouraged to use and role model a combination of sun protection measures during higher risk periods defined in item c such as:
 - a. supply and application of their own SPF30+ broad spectrum water resistant sunscreen
 - b. wearing broad-brimmed hats as appropriate and seeking or providing adequate shade protection
 - r. Incorporate programs on skin cancer prevention into the curriculum for all year levels
 - s. Update and promote curriculum material relevant to SunSmart activities

General Principles for Vitamin D Sunlight Exposure

For months outside those specified in paragraph c above, the Cancer Council advise:

- t. The average UV Index levels are most likely below 3
- u. To help maintain winter vitamin D levels, sun protection measures are not actively encouraged
- v. Sun protection measures are only required when in alpine regions or near highly reflective surfaces such as snow or water

4. RESULT MEASURES:

Students wearing hats and appropriate sun protection at all times during dates specified by the Cancer Council in paragraph c above

Adequate shade is provided where possible by School Council

- a. Regularly reinforce the SunSmart Policy in a positive way through newsletters and student and teacher activities

REFERENCES

Victorian Government Schools Reference Guide: 4.5.11 Skin protection

<http://www.education.vic.gov.au/management/governance/referenceguide/default.htm>

Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas

<http://www.eduweb.vic.gov.au/edulibrary/public/propman/facility/BuildingQualityStandardsHandbook>

Occupational Health and Safety Act 2004

http://www.austlii.edu.au/au/legis/vic/consol_act/ohasa2004273/

Australian Safety and Compensation Council (ASCC): Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight

<http://www.safeworkaustralia.gov.au/NR/rdonlyres/7D35C520-466D-478E-B639-12DF4E7D7151/0/UVGuidancenote.pdf>

Department of Education and Early Childhood Development – Victoria Section: S308-2010 UV Protection Update – SunSmart's Winter Vitamin D Message

<http://www.sunsmart.com.au>