

# CASTLEMAINE NORTH PRIMARY SCHOOL

## SUN PROTECTION POLICY

### RATIONALE

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer in later life.

With this in mind Castlemaine North Primary School realises the need to protect children's skin and educate them about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

### AIMS

This policy aims to:

1. increase student and community awareness about skin cancer and sun protection.
2. encourage the school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
3. work towards a safe school environment that provides shade for students, staff and the school community.
4. assist students to be responsible for their own sun protection.
5. ensure that families and new staff are informed of the school's sun protection policy.

### GUIDELINES

1. The SunSmart Program is designed to reduce the staff and students' risk of sun related skin damage by limiting their exposure to ultraviolet radiation levels of 3 or above.
2. The School will undertake the SunSmart learning program as part of its Health curriculum to increase students' awareness of sun related skin damage and vitamin D.
3. Protecting students from exposure to ultraviolet radiation during school hours is the joint responsibility of students, parents/carers and school staff.
4. Staff and parents will be positive role models by practising Sun Smart Behaviours.

### IMPLEMENTATION

1. This policy is followed whenever UV Index levels reach 3 and above (the level at which sun protection is required). In Victoria this generally occurs from mid-August until the end of April.
2. 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. eating areas, outdoor lesson areas and popular play areas.
3. Students are encouraged to use available areas of shade when outside.
4. The availability of shade is considered when planning excursions and all other outdoor activities.
5. Students must wear a broad brim, school uniform hat from mid-August to the end of April (when UV Index is expected to reach levels reach 3 and above in Victoria) when outside during the school day.
6. Students not wearing school approved hats from mid-August to the end of April will remain in the designated sheltered areas during recess and lunch times, outdoor sports lessons and any other outdoor activity.

7. Sun protective clothing is included in our school uniforms/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.
8. From mid-August to the end of April, or when UV levels reach 3 or above, staff are required to wear a broad brim hat on yard duty, during all outdoor activities, excursions and sports events.
9. Students will be encouraged to apply SPF 30+ broad spectrum water-resistant sunscreen before coming to school from mid-August to the end of April.
10. Parents/carers will be encouraged to provide SPF 30+ broad spectrum water-resistant sunscreen for their child/children to apply during the school day.
11. Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours or more frequently if sweating or swimming.
12. Sunscreen will be available for students in each classroom. Signage will be displayed reminding students to apply sunscreen before the recess and lunch breaks.
13. Students will apply SPF 30+ broad spectrum water-resistant sunscreen prior to outdoor school excursions and sport events from mid-August to the end of April.
14. At outdoor school excursions and sports events staff will carry SPF 30+ broad spectrum water-resistant sunscreen for all students to reapply during the day.
15. Parents/carers will provide written advice to inform school staff of any allergic reactions their child/children has to sunscreen.
16. Parents/carers of students with a known allergy to sunscreen must provide an appropriate low allergy sunscreen for their child/children's use at school and on camps or excursions.
17. The school will regularly reinforce SunSmart Behaviour (such as wearing appropriate clothing) in a positive way through the newsletter, parent meetings, assemblies as well as student and teacher activities.

#### STAFF OHS AND ROLE MODELLING

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

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

#### REFERENCES

1. Victorian Government Schools Reference Guide: 4.5.11 Skin protection
2. Victorian Early Years Learning and Development Framework (VEYLDF)
3. Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas
4. Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools - Government Response
5. Occupational Health and Safety Act 2004 Sections 21 and 23: Main Duties of Employers Section 25: Duties of Employees
6. Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006) ARPANSA Radiation Protection Series No. 12
7. Safe Work Australia: Guidance Note – Sun protection for outdoor workers (2016)
8. AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods.

EVALUATION

This policy is to be reviewed triennially as part of the School Council's review cycle.

This policy was reviewed and ratified by School Council 2017

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(Principal)

(President of School Council)

**Date:** 2017

**Review Cycle Date:** 2020

