



SUN SAFE POLICY

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:

The aims of the Sun Protection Policy at Keller Rd are to promote among students, staff and parents:

- Positive attitudes toward skin protection & assist students to be responsible for their own sun protection.
- Encourage personal responsibility for the decision making about skin protection to use a combination of sun protection measures whenever UV Index levels reach 3 or above.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure that families and new staff are informed of the school's Sun Protection policy.
- Work towards a safe school environment that provides shade for students, staff & the school community at appropriate times.

LEGISLATION

- Work Health and Safety Act 2012

SUN PROTECTION STRATEGIES:

All our children and staff use a combination of sun protection measures whenever the UV Index reaches 3 and above to ensure they are well protected from the sun. Particular care is taken during the peak UV times of the day and outdoor activities are scheduled outside of these times where possible.

Staff are encouraged to access the SunSmart app or <http://www.myuv.com.au/> or the Bureau of Meteorology website <http://www.bom.gov.au/uv> to find out daily local sun protection times to assist with the implementation of this policy.

The school uses a combination of sun protection measures for all outdoor activities from **1st August to 30th April** and whenever UV levels reach 3 and above at other times.

Our sun protection policy is taken into consideration when planning all outdoor activities and if possible we avoid peak UV times of the day for events such as Sports Day, Excursions and Sports meetings. We use indoor venues for swimming.

GENERAL SUN-PROTECTION STRATEGIES:

1. SHADE

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The Governing Council and the Principal ensure there are sufficient numbers of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. 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.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be held during term two or earlier in the day where practical.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.



Keller Road Primary School

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Department for Education

2. CLOTHING

Children are expected to wear shorts, t-shirts, track pants, windcheaters, polo shirts or dresses in the school colours. Clothing should have elbow length sleeves, shirts with collars, longer style cotton dresses & shorts, loose fitting & made of closely woven fabric.

- Suitable uniform items including hats can be ordered from the Front Office.
- The Governing Council has as one of its roles the power to develop a school dress code and we ask that parents support us in keeping to it.
- Students attending school in singlets or unsuitable clothing are provided with replacement clothing and the parents are advised.
- Suitable sun protection clothing is encouraged at swimming and camps

3. SUNGLASSES

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067.1:2016 (Sunglasses: lens category two, three or four) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

4. HATS

All students and staff are required to wear hats that protect their face, neck, and ears: either broad-brimmed or bucket hats whenever they are outside.

- Baseball caps are not allowed
- All current students at the school have been given a sun safe hat which is to remain at school
- New students to our school are given a sun safe hat
- Sun safe hats are always available in the front office for sale
- Students who are not wearing appropriate hats are asked to play in areas protected from the sun.

5. SUNSCREEN

SPF30+broad spectrum water-resistant sunscreen is available for staff and student use.

- This is available at school sporting events for all to use.
- Students are reminded by to use sunscreen from 1st August to 30th April, and whenever UV levels reach 3 and above at other times.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every 2 hours if remaining outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors such as reminder notices, staff reminders and encouragement, SunSmart posters.
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.
- Alternatively, families and staff are asked to supply their own sunscreen in cases of concerns related to skin sensitivities and allergies.

6. CURRICULUM

- Programs on skin cancer prevention are included in the curriculum for all year levels.
- SunSmart information is reinforced and promoted to the Keller Rd community through the newsletter, the school website, the school community notice board, at assemblies and in the Parent Enrolment Handbook.

7. SCHOOL COMMUNITY

Families and visitors to Keller Road Primary School 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.



8. WH&S AND ROLE MODELLING

As a Work Health and Safety UV risk control, staff are expected to role model SunSmart behaviours. When the UV is 3 and above staff will:

- Wear sun protective hats, clothing and sunglasses when outside
- Apply, and encourage the use of SPF 30 or higher broad spectrum, water resistant sunscreen.
- Seek shade whenever possible.
- Include the SunSmart issues in their curriculum planning

POLICY REVIEW

The Governing council and staff regularly monitor and review the effectiveness of the sun protection policy (at least every three years) and revise the policy when required.

Date of next policy review: September 2024

RELEVANT RESOURCES

- **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 SunSmart 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 SunSmart:** Fun and interactive online sun protection modules for teachers, school nurses and year 6-9 students. Visit: <http://www.generationsunsmart.com.au/>.
- **SunSmart millionaire:** How SunSmart are you? An innovative online game-based resource for children aged 9-13 years that promotes the science behind the SunSmart message. Visit: <https://app.education.nsw.gov.au/rap/resource/access/a0d1bab8-c857-4bf6-9b95-640d3776b20d/1>
- **SunSmart Hat-Wearing Toolkit:** Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behaviour to reach 100% compliance or to phase out baseball caps. Visit: <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit/>