



## SUNSMART PROTECTION POLICY

**This policy applies to all school events on and off-site.**

### Vision

Saint David's Parish School is a vibrant, inclusive, Catholic community inspired by St Mary MacKillop fostering faith and learning so as to nurture optimistic, compassionate people of the world.

### Rationale

Our SunSmart Protection policy has been developed to ensure all students, staff, parents and visitors attending Saint David's Parish School are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

This policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support duty of care requirements; and
- support appropriate WH&S strategies to minimise UV risk and associated harms for staff and visitors.

### Background

The sun's ultraviolet (UV) radiation can't be seen or felt and is most intense during the middle of the day. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

Given students and employees are at school during peak UV times, schools play a major role in providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

### Legislation and Standards

Work Health & Safety Act 2012

### Procedures

The Sun Protection Policy applies to all students, staff and visitors at Saint David's Parish School, inclusive of the Out of School Hours Care program.

To assist with the implementation of this policy, staff and students are encouraged to access and display the daily local sun protection times via the free [SunSmart app](#), [myUV.com.au](#) or the Bureau of Meteorology website. *The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach three and above.*

The School uses a combination of sun protection measures for all outdoor **activities during terms one, three and four, and whenever UV levels reach 3 and above at other times**. A combination of sun protection measures are considered when planning outdoor events e.g. camps, excursions, sporting activities and swimming carnivals.

**Before school care:** sun protection is not required as the UV Index is rarely 3 and above during this time. During terms 1, 3 and 4 it is recommended to apply sunscreen as part of the morning routine prior to coming to school to assist with sun protection for the remainder of the day.

**After school care:** sun protection is required during terms 1 and 4, and whenever the UV is 3 and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during term 2 and 3.

Vacation care: sun protection is required for all outdoor activities from 1 August to 30 April and whenever the UV is 3 and above at other times.

The sun protection measures listed below are used for all outdoor activities **during the daily local sun protection times**.

## **1. Clothing**

- Sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts and rash tops or t-shirts for outdoor swimming.

## **2. Sunscreen**

- Students must provide their own SPF 30 (or higher) broad spectrum, water resistant sunscreen
- Students are encouraged to apply their sunscreen at least 20 minutes before going outdoors and reapply it every two hours if remaining outdoors and more frequently if sweating or swimming.
- A supply of sunscreen will be housed in the Front Office to be used for the purpose of providing sunscreen to students who are attending an excursion, but have forgotten to apply their sunscreen. This is particularly important for sporting carnivals or other excursions where students will be spending extended periods of time outside of shaded areas.
- Office staff will ensure that the student in question has no allergies and will make a note for parents so that they are aware sunscreen has been applied.

## **3. Hats**

- All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire hats whenever they are outside. Baseball or peak caps are not acceptable.

## **4. Shade**

- A shade audit is conducted regularly to determine the current availability and quality of shade
- The school ensures there is a sufficient number of shelters, portable shade structures and trees providing shade in the school grounds, particularly in areas where students congregate
- The availability of shade is considered when planning excursions and all other outdoor activities
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible
- Students are encouraged to use available areas of shade when outside
- Student who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun

## **5. Sunglasses**

- Students and staff are welcome to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067 (Sunglasses: category 2, 3 or 4) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

## **6. Curriculum**

- Programs on sun protection are included in the curriculum for all year levels
- Students understand why sun safety is important and learn how to take effective sun protection actions

## **7. Engaging the school community**

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, assemblies, displays and other forms of communication
- All families are informed of the SunSmart Protection Policy

## **8. WH&S**

Refer to:

No. 1 Maintaining Workplace Health procedure <https://cshwsa.org.au/procedures/>

No. 2 Personal Protective Equipment procedure <https://cshwsa.org.au/procedures/>

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

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF 30 (or higher) broad spectrum, water resistant sunscreen
- Seek shade whenever possible
- Families and visitors 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

**Reference:**

National SunSmart school sun protection policy template and National SunSmart OSHC policy template

**Monitoring and review:**

The School will review this SunSmart Protection Policy regularly (at least every three years). A policy review and membership renewal with the Cancer Council will be conducted with every review.

Implemented: 1999

Ratified by School Board: 1999

Reviewed: 2016, 2018, 2020, 2023

Next Review: 2026