

Somerville Primary School

SunSmart Policy

Policy Name:	SunSmart	Date of approval:	06/2015
Responsible:	Occupational Health and Safety Officer	Expected review date:	2018

Rationale

A healthy balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

Objectives

This SunSmart Policy has been developed to:

Ensure all students and staff maintains a healthy UV exposure balance.

Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.

Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.

Assist students to be responsible for their own sun protection.

Ensure that families and new staff are informed of the school's SunSmart policy.

Staff are encouraged to access the daily SunSmart UV Alert at sunsmart.com.au (or on their own school website) to find out daily sun protection times to assist with the implementation of this policy.

From September to April in Victoria

When average UV Index levels reach 3 and above, a combination of sun protection measures are used whenever outdoors including:

1. Shade

A shade audit is conducted regularly to determine the current availability and quality of shade.

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. lunch, canteen, 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.

Students are encouraged to use available areas of shade when outside.

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Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

2. Clothing

Sun protective clothing is included in our school uniform / 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.

3. Hats

Students and staff are required to wear hats that protect their face, neck and ears, i.e., broad brimmed, whenever they are outside. Because a baseball cap does not offer enough protection, students wearing a baseball cap will have the same consequences as not wearing a hat.

4. Sunglasses [SUGGESTED]

Students and staff are encouraged 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.

5. Sunscreen

SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use. [supplied by school and/or families]

Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.

Students are reminded to apply sunscreen before going outdoors.

With parental consent, students with naturally very dark skin are not required to wear sunscreen.

From May to August in Victoria

When average UV Index levels are below 3, sun protection measures are not used from May until August unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.