

Title: Sun (UV) Protection Policy
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Related Policies:
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This policy is considered before participating in all outdoor activities and events on and off site. A combination of sun protection measures will be required when UV levels reach 3 and above. In Canberra this will be for most or part of each day between August and May.

Rationale

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. 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. However, 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 Policy has been developed to:

- ensure all students and workers have a balanced approach to sun protection;
- require all children and workers to use a combination of sun protection measures whenever UV Index levels reach 3 and above;
- work towards a safe outdoor environment that provides effective shade for children and workers at appropriate times;
- assist students to be responsible for their own sun protection behaviour, and
- ensure that families and new staff are informed of the school's current policy and practices.

Our workers are encouraged to access daily SunSmart times for Canberra via the SunSmart Widget on our school's website - this will assist teachers and staff with the implementation of this policy.

We use a combination of the below sun protection measures for all outdoor activities whenever UV levels reach **3 and above**, the level that can cause long term damage to unprotected skin and eyes.

1. Shade

- Latham Primary currently has extensive shaded areas. Our school board and members makes sure there is a sufficient number of shelters and trees providing shade in the outdoor area;
- The children's lunch eating time and indoor activities will be held between 10:00am and 3:00pm as far as possible, to avoid UVR exposure in the middle of the day;
- Outdoor activities held between 10:00am and 3:00pm will be held in shaded areas as far as possible;
- The availability of shade is considered when planning excursions and all other outdoor activities and events;

- Students are encouraged and directed to use available areas of shade when outside, especially during Term 1 and 4;
- Students who do not wear an appropriate hat are directed to sit on a silver seat in the shade, or move into the library over the lunch play period.

2. Clothing

- Students and workers are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended. Tops with sleeves, collars and knee length or longer style shorts and skirts are best;
- Students will be required to wear a t-shirt or rash style vest if participating in all day outdoor swimming carnivals;
- Parents will be advised on enrolment of the requirement to dress children in appropriate sun protective clothing;
- Sun protection clothing will be outlined in our school's uniform policy.

3. Hats

- All students and workers are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats;
- Baseball or peak caps are not considered a suitable alternative and will not be worn;
- Children not wearing an appropriate hat will be expected to play in the shade.

4. Sunglasses

- Students who choose to wear sunglasses will be encouraged, a 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 is best;
- Workers are also encouraged to wear suitable sunglasses when working outdoors that meet AS 1067.

5. Sunscreen

- Parents will be encouraged to supply their children with a broad spectrum, water resistant sunscreen with an SPF of 30+ to be applied by the children to clean, dry skin;
- Parents will be encouraged to apply sunscreen to their children before the children arrive at school (this is particularly important during Term 1 and 4 when sun protection will be recommended earlier in the day);
- Time will be allocated for children to apply sunscreen 15-20 minutes before outdoor activities and to reapply every two hours if outdoors for a prolonged period of time, or more frequently if the children are involved with water play or are perspiring;
- SPF 30+ broad spectrum, water resistant sunscreen is available for all student's and worker's to access. Sunscreen is visibly located in every classroom;
- Strategies are in place to remind students to apply sunscreen before going outdoors particularly before lunch and PE (e.g. reminder notices, sunscreen monitors, sunscreen buddies);
- With parental consent, children with naturally very dark skin (skin that rarely or never burns) are not required to wear sunscreen to help with vitamin D requirements.

6. Outdoor activities

Outdoor time will be minimised, when possible, between 11:00am and 3:00pm during the daylight saving/summer period (i.e. Term 1 and 4). This is when UV levels peak in Canberra and the risk of skin and eye damage is significantly increased. Care is always taken during the middle of the day when outdoors.

7. Winter and sun protection

Due to low UV levels experienced in Canberra around the June and July period each day (under 3), sun protection behaviour, like wearing a hat and applying sunscreen is not generally recommended. Students and teachers will not be required to wear their sun hat during this period- this may be replaced with a beanie.

Teachers are encouraged to educate students during this period around the importance of a balanced approach to sun protection- i.e. students should know when sun protection is necessary and why?

8. Work Health and Safety & Modelling

As part of our Work Health and Safety (WHS) responsibilities, all teachers and staff members will be required to protect their skin and eyes when working outdoors, when UV levels are 3 and above or if spending extended time in the sun.

Workers at our school will be required to:

- wear sun protective hats, clothing and sunglasses (recommended);
- apply SPF 30+ broad spectrum, water resistant sunscreen and reapply every 2 hours;
- seek shade whenever possible, and
- be aware of the signs of early skin cancer and what to do if they have any concerns.

PCBUs (persons conducting a business or undertaking) will do as much as reasonably practicable to protect workers at our school from over-exposure to UV. Skin cancer is an occupational disease.

Families and visitors to our school are also encouraged to model appropriate sun protection behaviour by adopting a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor activities and events on site.

9. Communication and learning activities

Our school will:

- display this SunSmart policy for parents / carers on our website, and discuss it with the students;
- regularly reinforce SunSmart behaviour through correspondence with families via the notice board and displays, website,
- incorporate activities and learning experiences across all year levels;
- ensure information about this policy is included in parent handbooks and other important documentation sent to families;
- display the SunSmart Widget on our homepage;
- encourage teachers to download the SunSmart App to assist them with daily sun protection times in Canberra and

actively promote and encourage staff and teachers to choose Generation SunSmart as one of their TQI Teacher Identified Activities.

10. Review, monitor and update

- Our policy is regularly monitored and reviewed (at least once every three years) and revised when required;
- As a member of the National SunSmart Schools program since 2006 this policy will be submitted to Cancer Council ACT every three (3) years to be reviewed. This policy will be updated when required to maintain high national SunSmart standards.
- The school community can view our online SunSmart Certificate here <http://ow.ly/kCOP300ognE>

11. Relevant Documents / Links

- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006) ARPANSA Radiation Protection Series No. 12
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight
- Work Health and Safety Act 2011
- ACT Education Directorate Sun (UV) Protection For Students 2015
- Cancer Council ACT National SunSmart Schools Program www.actcancer.org

Reference: Cancer council ACT- National SunSmart Schools Program. May 2016