



# SUNSMART POLICY

## 2016

Queen of Peace SunSmart Policy  
complies with SunSmart Guidelines from  
Cancer Council Victoria

**Next policy review:** 2019.

### ABSTRACT

A 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. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.



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## PURPOSE

This SunSmart policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures during the daily local sun protection times (issued whenever UV levels are 3 and above).
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- 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.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

## BACKGROUND

A 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. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

## LEGISLATION AND STANDARDS

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

## PROCEDURES

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app or at [sunsmart.com.au](https://www.sunsmart.com.au)
- The sun protection measures listed below are used for all outdoor activities **during the daily local sun protection times** (issued whenever UV levels are 3 and above), typically from September to the end of April in Victoria.

## HEALTHY PHYSICAL ENVIRONMENT

### Seek shade

- The school ensures that it has sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.

- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade under the sails area.
- In consultation, shade provision is considered in plans for future buildings and grounds.
- A shade audit is conducted regularly to determine the current availability and quality of shade.

## Healthy social environment

### Slip on sun protective 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 elbow-length sleeves, longer style dresses and shorts.

### Slap on a hat

- Students and staff are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed), whenever they are outside. Peak caps and visors are not considered a suitable alternative for students.

### Slop on sunscreen

- Students and staff should provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices).

### Slide on sunglasses

- Students and staff are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 and cover as much of the eye area as possible.

## LEARNING AND SKILLS

- Programs on sun protection and vitamin D are included in the curriculum for all year levels.

## ENGAGING CHILDREN, EDUCATORS, STAFF AND FAMILIES

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website / intranet, staff and parent meetings, school assemblies, student and teacher activities and on student enrolment / new staff orientation.

- As part of OHS UV risk controls and role-modelling, staff, families and visitors are encouraged to:
  - wear a sun protective hat, covering clothing and, if practical, sunglasses
  - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen
  - seek shade whenever possible.

## MONITORING AND REVIEW

- The school staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at [sunsmart.com.au](http://sunsmart.com.au).
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

## RELEVANT DOCUMENTS / LINKS

- DEAT The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DEAT School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEAT OHSMS Implementation Guide (2009)
- DEAT Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- DEAT Guidelines for School Playgrounds –Playground safety management: Section 3.2.5 (2012)
- DEAT Outdoor activities
- Catholic Education Commission of Victoria (CECV) Occupational Health & Safety Checklist
- Independent Schools Victoria (ISV) Compliance Framework: Sun Protection / Health & safety
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools –Government Response
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods