



# Black Hill Primary School Sun Protection Policy

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## Help for non-English speakers:

If you need help to understand the information in this policy, please contact the school on 03 53324544

## PURPOSE:

The purpose of this policy is to support sun protection behaviours at Black Hill Primary School to minimise risk of health problems from sun overexposure, including skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August to the end of April in Victoria)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

## SCOPE

This policy applies to all school activities on and off-site, including camps and excursions. It is applicable to all students and staff.

## POLICY

Overexposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the day and the year (highest from mid-August to the end of April in Victoria)
- peaks during school hours.

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 or above. Information about the daily local sun protection times is available via Daily Happenings on Compass for staff, the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

Black Hill primary School has the following measures in place for all outdoor activities during the daily sun protection times to help reduce the risk of over-exposure to UV radiation for staff and students.

## **Shade**

Our school provides sufficient options for shelter (shade sails) and trees to provide shade on school grounds, particularly in places such as:

- the canteen tables and chairs
- outdoor learning area near the Library
- picnic tables on the grass area
- all playgrounds
- assembly areas
- decking areas

Students are encouraged to use available areas of shade when outdoors during peak sun protection times, particularly if they do not have appropriate hats or outdoor clothing.

When building works or grounds maintenance is conducted at school that may impact on the level of shade available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

## **Sun protective uniform/clothing**

Black Hill Primary School recommends that from mid-August to end of April, and whenever UV levels reach **3 and above**. Our school uniform includes sun-protective clothing, including:

- loose, cool, densely woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts, dresses and skirts
- rash vests or t-shirts for outdoor swimming activities.

*The school applies on and off-site unless otherwise advised. When students are not required to wear school uniform (such as school camps, free dress day), the school will ensure steps are taken to encourage students to wear sun-protective clothing whenever UV levels reach 3 and above.*

## **Hats**

From mid-August to 30 April, all students and staff **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Students wear a broad-brimmed school hat or a hat that protects the face, head, neck and ears when outdoors.

Students who are not wearing appropriate protective clothing or hats will be asked to use available areas of shade when outdoors or a suitable area protected from the sun.

## **Sunscreen**

Black Hill Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours (or more frequently if sweating or swimming).

Black Hill Primary School Students and staff are reminded and encouraged to bring their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen to school. The school supplies some SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students to use and is located in classrooms and First Aid room so it is readily accessible.

The school has strategies in place to remind students to apply sunscreen before going outdoors [for example, verbal reminders, notices on the newsletter and Compass with stations near entry and exit points of classrooms.

Sunscreen that is supplied by the school is stored below 30 degrees and the expiry date monitored. If students do not have their own sunscreen, they are encouraged to get some from the First Aid room.

Staff and students who may suffer from skin reactions from certain types of sunscreen are encouraged to send along a suitable alternative sunscreen for their child to use.

### **Sunglasses**

Where practical, we encourage students and staff engaged in outdoor activities 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.

### **Curriculum**

Students at our school are encouraged to make healthy choices. They are supported to understand effects of sun exposure and are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school. Black Hill Primary School will address sun protection and UV safety education as part of health and physical education lessons and through the Healthy School's Achievement Program.

### **Staff role-modelling and OHS**

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.

UV radiation exposure is considered as part of our school's risk management and assessment for all outdoor events and activities, i.e. UV radiation protection strategies are included in school camp activities, excursions, sports days and interschool sports events.

### **Families and visitors**

Families and visitors participating in and attending outdoor school activities are encouraged to:

- wear a sun-protective hat, covering clothing and, if practical, sunglasses;
- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
- seek shade whenever possible when outdoors.

### **Community engagement**

Sun protection 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 at student enrolment/new staff orientation.

Families, students and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. The school may provide information through the school newsletters, noticeboards, school website, school assemblies and on Compass].

## **COMMUNICATION**

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Included in staff induction processes
- Included in staff handbook/manual
- Included in transition and enrolment packs
- Reminders in our school newsletter
- Hard copy available from school administration upon request.

#### **FURTHER INFORMATION AND RESOURCES**

- the Department's Policy and Advisory Library:
  - [Sun and UV Protection Policy](#)
  - [Heat Health](#)
  - [Outdoor Activities and Working Outdoors](#)
  - [Risk Management – Schools](#)
  - [Shade Sails](#)
  - [Student Dress Code](#)
- [SunSmart and Cancer Council Victoria.](#)
  - [Primary schools free education resources, sample policies and information about the free SunSmart Schools Program.](#)
  - [Secondary schools free education resources and sample policies.](#)
  - [Sunscreen reactions.](#)
- The [Healthy Schools Achievement Program](#)'s Sun Protection health priority area

#### **Monitoring and review**

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

#### **EVALUATION:**

This policy is to be reviewed as part of the school's three-year review cycle.

<b>Created date</b>	<b>June 2017</b>
<b>Consultation</b>	Staff, Parents, Black Hill Primary School Council Sub-Committee
<b>Endorsed by</b>	Black Hill Primary School Council School Principal
<b>Endorsed on</b>	August 2022
<b>Next review date</b>	August 2025