



Karingal Heights Primary School

SUNSMART POLICY

Rationale:

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer in later life.

Aims:

This SunSmart Policy has been developed to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment 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; and
- support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Implementation:

- 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 or myuv.com.au.
- Sun protection measures apply to all school events on and off site.
- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**.
- The sun protection times from the Bureau of Meteorology tell you the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

Healthy physical environment

1. Seek 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.
- 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.

Healthy social environment

2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform and dress code. 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.

This policy was last ratified by School Council on September 14, 2017

3. Slap on a hat

Students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Because a baseball cap does not offer enough protection, such hats are not included in our uniform.

4. Slide on sunglasses

- Where practical 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. Slop on sunscreen

- SPF30 (or higher) 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.
- Strategies are in place to remind students to apply sunscreen before going outdoors through verbal reminders and reminder notices.

From May to mid-August in Victoria

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

Staff OHS and Role modelling

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

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30+ broad spectrum, water resistant sunscreen
- seek shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

Curriculum

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

Review

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required.

References:

[SunSmart](#)