



IRAMOO PRIMARY SCHOOL No 5152

# SUNSMART

## POLICY

### **Rationale:**

Iramoo Primary School is committed to promoting a healthy balance between too much and too little Ultra Violet (UV) Radiation. 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 strongly associated with an increased risk of skin cancer later in 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.

### **Aims:**

- To ensure that all children and staff are well protected from over-exposure to UV radiation by using a combination of sun protection measures.
- To ensure that the outdoor environment provides shade for students and staff.
- To ensure that students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- To support duty of care and appropriate Occupational, Health and Safety 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 link <http://www.sunsmart.com.au>.
- The sun protection times are a forecast from the Bureau of Meteorology for 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 three or higher from mid-August to the end of April.
- All children and staff use a combination of sun protection measures whenever UV levels reach three or above – typically from mid-August to the end of April in Victoria.
- Particular care is taken between 10 a.m. and 2 p.m. (11 a.m. and 3 p.m. daylight savings time) when UV Index levels reach their peak during the day.
- Our SunSmart policy is considered when planning all outdoor events; e.g. assemblies, camps, excursions and sporting events. Where possible, outdoor activities and events are held earlier in the morning or later in the afternoon, or indoor venues are used, if they are available.
- Whenever possible, on hot days outdoor activities will be scheduled before 11 a.m., particularly during Terms 1 & 4.
- Children must wear broad brimmed or legionnaire hats, which protect the face, neck and ears whenever they are outside; e.g. recess, lunch, sport and excursions.
- Children without broad brimmed or legionnaire hats will be restricted to playing in designated shaded areas during recess and remain indoors during the lunch break.
- Broad brimmed and legionnaire hats are available for purchase from the uniform shop and the office.
- Children and staff are encouraged to bring and apply their own SPF 30 or higher broad-spectrum, water resistant sunscreen and wear sunglasses labelled AS1067 that meet Australian standards prior to recess and lunch breaks.
- Sun protective clothing is included in our school uniform/dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves.

- Staff will act as role models by also wearing broad brimmed hats when outside.
- Adult helpers and spectators will be required to act as role models by also wearing broad brimmed hats when outside.
- Adequate shade structures are provided over play equipment areas.
- The school council ensures that there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where children congregate; e.g. canteen, outdoor lesson areas and popular play areas.
- Programs on SunSmart are included in the curriculum for all year levels.
- The school newsletter and school assemblies will be used to highlight and reinforce the SunSmart policy.

**Evaluation:**

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