

Auburn Primary School



Sun Protection Policy

Auburn Primary School's Sun Protection policy

This policy applies to all school events on and off-site.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Objectives

This Sun Protection policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- assist students to be responsible for their own sun protection
- ensure families and new staff are informed of the school's Sun Protection policy.

Staff are encouraged to access the daily local sun protection times on the SunSmart app or <http://www.myuv.com.au/>, to assist with the implementation of this policy.

Implementation

The school uses a combination of sun protection measures for all outdoor activities during terms one, three and four (or 1 August to 30 April), and whenever UV levels reach 3 and above at other times.

1. Slip on clothing

Appropriate sun protective clothing is included in the school uniform/dress code and sports uniform. The clothing:

- Is cool, loose fitting and made of closely woven fabric.
- Includes tops with collars and longer sleeves, longer-style dresses and shorts.

Rash tops or t-shirts must be worn over bathers for outdoor swimming, including for example, during swimming lessons and when participating in outdoor water activities during the Aquatics Camp.

2. Slap on sunscreen

The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and students' use. Alternatively, families (for students) and staff are asked to supply their own (for example, where a medical condition indicated on medical forms, or personal preference, requires it).

Further measures include:

- Sunscreen is applied 20 minutes before going outdoors and reapplied every two hours when outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, class monitors, class routines, sunscreen located near exits).
- Students are encouraged to apply sunscreen at home, before school, during terms one, three and four.

3. Slap on a hat

All students and staff are required to wear hats that give good cover to their face, neck and ears e.g. legionnaire, broad-brimmed or bucket hats. Baseball or peak caps are not acceptable. Students who are not wearing appropriate hats or clothing are asked to play in areas protected from the sun.

4. Seek shade

Students are actively encouraged to use available areas of shade for outdoor activities. A shade audit is conducted regularly to determine the current availability and quality of shade, with the Governing Council ensuring there is a sufficient number of built and/or portable shade structures *and* shady trees providing shade in the school grounds, particularly in areas where students congregate e.g. outdoor lesson areas and popular play areas. If minimal shade is available, in consultation with the school council, shade provision is considered in plans for future buildings and grounds.

Further measures include:

- A combination of skin protection measures and the availability of shade is considered when planning excursions and all other outdoor activities and events.
- Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times or in the shade, where possible.
- Provisions are made for students to use the Library during play times in extreme UV conditions.
- Sports days and other outdoor events are to be held during term two, or earlier in the day where practical; with use of the shade of trees, pergolas, umbrellas and tents, as appropriate.

5. Staff WHS and role modelling

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

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

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

6. Curriculum

Programs on healthy UV balance to maintain adequate vitamin D levels and minimise skin and eye damage and skin cancer risk are included in the curriculum for all year levels.

7. Promotion

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs. The Sun Protection Policy is accessible on the school's website and all families and staff members are informed of the Policy and its contents annually.

Policy review

The school council and staff regularly monitor and review the effectiveness of the Sun Protection policy (at least every three years) and revise the policy to ensure that the information remains current and relevant.

Date revision ratified: June, 2021

Date of next policy review: June, 2024

Relevant resources

- **ATTACHMENT 1:** SunSmart Program implementation times (Cancer Council SA)
- **Sun protection times:** The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free SunSmart app, which is placed on the Principal's school mobile and school website (<https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>).

