

	<b>Policy Name:</b>	OHS Sunsmart Policy	<b>Date of approval:</b>	2017
	<b>Responsible:</b>	OHS Committee	<b>Review date:</b>	2020

## 1. Rationale:

- 1.1 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.
- 1.2 Tyabb Primary School is a Sunsmart member school. Our SunSmart policy has been developed to ensure that all children and staff attending this school are protected from skin damage caused by the harmful ultra-violet rays of the sun. It is to be implemented throughout the year with a combination of sun protection measures used during the Sunsmart period from the beginning of September until end of April. During these months particular care is taken during the middle of the day between 10am – 3pm when UV levels reach their peak.

## 2. Aims:

- 2.1 Ensure all students and staff have some UV exposure for vitamin D.
- 2.2 To create environments and encourage behaviours which reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.
- 2.3 Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- 2.4 Ensure the outdoor environment is sun safe and provides shade for students and staff.
- 2.5 Ensure students are encouraged and supported to develop independent sun protection skills.
- 2.6 Support duty of care requirements and support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

## 3. Implementation:

### 3.1 Healthy physical environment

#### 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.
- 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.

### 3.2 Healthy social environment

#### Slip on sun protective clothing

- Sun protective clothing is included in our school uniform/student dress code.
  - School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses. Shorts and rash vests or t-shirts for outdoor swimming are recommended for our students.
  - Children must wear the Tyabb Primary School uniform wide brimmed hat which protects the face, neck and ears whenever outside e.g. recess, lunch, sport, camps and excursions (during the sunsmart period).
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- Children who do not wear a hat or appropriate clothing are restricted to one shaded area in the playground during recesses and lunches.

#### Slap on a hat

- All students are required to have an approved broad brimmed hat as per our Tyabb Primary School Student Dress Code.
- School approved broad brimmed hats must be worn whenever outside during the sunsmart period from the beginning of September until end of April.
- All students and staff are required to wear hats that protect their face, neck and ears, i.e. approved broad brimmed hat, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative.
- All staff must follow these guidelines whilst on yard duty and involved in sporting events.

#### Slop on sunscreen

- Children are encouraged to wear SPF 30+ broad spectrum water resistant sunscreen whenever possible. Children are encouraged to keep their own sunscreen at school and re-apply it at lunchtime or as needed.
- Sunscreen products made available by the school (found in the first aid kit) must be checked to ensure they are SPF30+ and made from nutfree products.
- Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors. Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- Children are reminded to apply sunscreen before going outdoors.
- With parental consent, children with naturally very dark skin are not required to wear sunscreen.

#### Slide on sunglasses [if practical]

- Where practical students 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.

### 3.3 Learning and skills

- Programs on skin cancer prevention and vitamin D are included in the curriculum.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, notices, school website, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

### 3.4 Engaging children, educators, staff and families

- Staff and families are provided with information on sun protection and vitamin D through family newsletters, notices, noticeboards and the Department of Education's website.
- As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff, families and visitors are encouraged to wear a sun protective hat, covering clothing, apply sunscreen and seek shade whenever possible.

## 4. ***Evaluation:***

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

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### Relevant documents/links

- DET School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2017)
  - DET [The Compact: Roles and Responsibilities in Victorian government school education](#): Principle 3 (2012)
  - DET [OHSMS Implementation Guide](#) (2009)
  - DET [Building Quality Standards Handbook](#) (BQSH): Section 8.5.5 Shade Areas
  - DET [Guidelines for School Playgrounds](#) –Playground safety management: Section 3.2.5 (2012)
  - DET [Outdoor activities](#)
  - Catholic Education Commission of Victoria (CECV) [Your Child’s Health Wellbeing and Safety](#) (Primary)
  - Independent Schools Victoria (ISV) [Managing a school – Health & Safety Compliance Framework: OHS >Sun Protection](#)
  - [My Time, Our Place: Framework for School Age Care in Australia](#) (2011)
  - [Victorian Early Years Learning and Development Framework](#) (VEYLDF) (May 2016)
  - Victorian Institute of Teaching (VIT) [The Victorian Teaching Profession Code of Conduct](#) - Principle 3.2
  - [Australian Professional Standards for Teachers](#) (APST) – Standard 4.4 and 7.2
  - Education and Training Parliamentary Committee Inquiry into [Dress Codes and School Uniforms in Victorian Schools –Final Report](#)
  - ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
  - Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)
  - AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods
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