

Sun Protection Policy

TABLE OF CONTENTS

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1.	Purpose.....	3
2.	Policy Statement.....	3
3.	Related policies.....	5
4.	Related procedures.....	6
5.	Supporting information/tools.....	6
6.	Definitions.....	6
7.	Legislation.....	6

1. Purpose

The Department of Education (DoE) has a duty of care to all staff, students and children while they are on educational sites, during educational site hours and while undertaking educational activities.

Reasonable steps must therefore be taken to ensure the safety of staff, students and children in relation to exposure to the sun.

This policy aims to protect staff, students and children, as far as reasonably practicable, from the dangers of exposure to the sun.

This policy also aims to ensure both staff, students and children maintain a healthy UV balance (exposure) all year round.

2. Policy Statement

Overexposure to ultraviolet (UV) radiation in childhood and adolescence is a major risk for developing skin cancer later in life. By teaching sensible sun protection habits from an early age and implementing best-practice sun protection measures, early childhood services and schools can play a significant role towards reducing the life time risk of skin cancer.

Being SunSmart in Tasmania means using sun protection when UV levels reach 3 and above, this occurs from September to April. From May to August, sun protection is not recommended unless near highly reflective surfaces such as snow or being outdoors for extended periods. Therefore, this means implementing sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UV risks.

The senior staff members of educational sites are responsible for the development and implementation of a Sun Protection Policy.

Under the [National Regulations | ACECOA](#) the approved provider of an education and care services must ensure that the service has in place a policy and procedure relating to sun protection.

DoE encourages all educational sites to apply to the Cancer Council of Tasmania to become a SunSmart Service. This will provide educational sites with further support in the development of a Sun Protection Policy along with general awareness around sun protection for their students and children.

SunSmart Schools

The sun protection policy should include direction on the following:

- daily sun protection times
- strategies around the use of clothing, sunscreen, hats, shade and sunglasses at school
- the provision of sunscreen by the school to ensure the duty of care for its staff and student
- consideration for the management of allergic reactions to sunscreen (i.e. encourage parents to pack child's own sunscreen to minimise this risk)
- skin cancer prevention
- staff Occupational Work Health and Safety, role modelling and education
- planning and review of the policy

Objectives

- Ensure staff and students are protected from over-exposure to UV;
- Educate staff and students on appropriate sun protection;
- Ensure the outdoor environment provides shade for staff and students;
- Support duty of care and regulatory requirements; and
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

GUIDELINES

HATS: - Wearing a legionnaire or wide-brimmed hat for outdoor activities is compulsory from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year when the UV level is 3 and above. Children without hats will be required to remain in shaded areas. "No hat, no play". (Caps are not sunsafe hats)

CLOTHING: - Children are encouraged to wear school uniform (this includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming) to school and school outings, unless otherwise practicable. In the case of non-uniform clothing - clothing exposing large amounts of shoulder and upper torso eg. singlets, tank tops and strappy dresses are not considered suitable

SUNSCREEN: - Throughout the year SPF 30 + (or greater) broad spectrum, water resistant sunscreen is provided in all classrooms. When the UV is 3 and above children are encouraged to apply sunscreen prior to eating at both breaks. Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours if outdoors for long periods.

SHADE: - The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. The use of existing shade areas within the school grounds will be encouraged. Portable shade structures will be provided where appropriate for extended outdoor activities eg. Athletics Carnival. The maintenance and planting of trees will continue, providing further access to natural shade areas.

SUNGLASSES: - Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged but optional.

TO HELP MAINTAIN VITAMIN D LEVELS

From September to April when UV is usually 3 and above

- Sun protection (including hats, sunscreen, clothing, shade and sunglasses) should be used when UV levels are 3 or above when heading outdoors.
- Most Australians have adequate vitamin D levels just from doing typical day-to-day activities. A few minutes of morning or afternoon sun exposure to arms and hands on most days of the week should be sufficient to maintain adequate Vitamin D.
- Take extra care in the middle of the day when UV levels are highest.

From May to August when UV level is usually below 3

- Sun protection is not necessary unless near snow or other reflective surfaces.
- To support Vitamin D production, spend time outdoors in the middle of the day with some skin uncovered. Being physically active whilst outdoors helps to boost vitamin D levels.

STAFF WHS, ROLE MODELLING AND EDUCATION

- When UV is 3 and above staff will role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.
- Programs on skin cancer prevention are included in teaching programs for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, meetings, assemblies and upon enrolment

PLANNING

- Ensure SunSmart policy is reflected in the planning of all outdoor events and excursions.
- Where possible, outdoor activities will be planned away from the middle of the day during the period September to April (when UV levels reach 3 and above)

CONCLUSION

This SunSmart policy promotes sun-safe behaviour. The policy has been written in collaboration with SunSmart guidelines, Cancer Council Tasmania .

To maintain SunSmart membership, this policy will be submitted to Cancer Council Tasmania for review and updating every three years.

www.cancertas.org.au/prevent-cancer/sunsmart/

3. Related policies

- School Student Dress Code and Uniform Policy

4. Related procedures

- Specific Health Issues: Procedures, Information and Contacts [Staff access only]
- Planning Off Campus Activities Procedure [Staff access only]

5. Supporting information/tools

- Legal Issues Handbook [Staff access only]

6. Definitions

- Duty of Care: A duty imposed by law to take care to minimise the risk of harm to another.
- Education and Care Services: This includes outside school hour's care, occasional care, long day care and/or family day care services.
- Educational Site/s: This includes Tasmanian Government Schools, Early Childhood Intervention Centres (ECIS) and Child and Family Centres (CFCs).
- Parent/s: Includes guardian/s or other person/s having the care and control of a student or child.
- UV Index: This index divides UV radiation levels into categories; low (1-2), moderate (3-5), high (6-7), very high (8-10) and extreme (11 and above).
- Sun protection needs to occur when the UV is 3 and above.

Internal Information Only*

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Last Significant Review: 23 September 2021

Review Due: 2024

This Document Replaced: Sun Smart Policy 2017

Cancer Council Partnership Agreement Signed: 17 March 2022

Cancer Council SunSmart Membership (3 Years) Approved – next review date March 2025