

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Portland Primary School to minimise the risk of skin and eye damage and skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August – end April)*
- ensure that there are outdoor environments that provide adequate shade for students and staff*
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection*
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.*

SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

POLICY

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)
- peaks during school hours

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available via the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

School council approved this policy on 09/10/2019

Portland Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

Portland Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- Verandas around school
- Seating in front of the canteen
- Shade covered play ground
- Sand Pit

When building works or grounds maintenance is conducted at Portland Primary School that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

Sun protective uniform/clothing

Portland Primary School requires that from Mid-August to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- School Polo shirts with a collar and/or high necklines
- Long sleeves rugby
- Bucket hats
- Rash vests or t-shirts encouraged for outdoor swimming activities at parents

Portland Primary School uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts

From mid-August (exact date to be set by the school annually) to end of April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or

bucket. Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun.

Sunscreen

Portland Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

At Portland Primary School, students are welcome to access sunscreen from the sick bay. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to supply their own sunscreen. Parents are encouraged to apply sunscreen to their child prior to them arriving at school.

During school camps, excursions and prolonged outdoor activities the school will supply sunscreen for all students and staff.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)

REVIEW CYCLE

This policy was last updated on 09/10/2019 and is scheduled for review on 09/10/2021

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PRIMARY SCHOOL