

# Elizabeth Grove Primary School

Respect Honesty Community



## SUNSMART POLICY



This policy applies to all school and OSHC 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 critical 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 whenever 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.
- 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.

### Legislation

#### Work Health and Safety Act 2012

Staff are encouraged to access the SunSmart app, [myuv.com.au](http://myuv.com.au) or the Bureau of meteorology website <http://bom.gov.au/sa/uv> to find out daily local sun protection times to assist with the implementation of this policy.

#### School implementation times:

The school uses a combination of sun protection measures for all outdoor activities during terms 1,3 and 4 and whenever the UV levels reach 3 and above at other times, with the exception of hats that are worn all year round.

#### OSHC and vacation care implementation times:

Before school care: Sun protection is not required as the UV radiation levels are rarely above 3 during this time. During terms 1 and 4 it is recommended to apply sunscreen to assist with sun protection for the remainder of the day (optional).

After school care: Sun protection is required during terms 1 and 4, and whenever the UV is 3 and above at other times. Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during terms 2 and 3.

Pupil Free/Vacation Care: Sun protection is required for all outdoor activities from 1<sup>st</sup> August to 30<sup>th</sup> April and when ever the UV is 3 and above at other times.

### 1. Shade

A combination of sun protection measures are considered when planning outdoor 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.

•The availability of shade is considered when planning excursions and all other outdoor activities.

•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 under the Shelter Shed, in the Library or under the Nature Play shelter.

### 2. Clothing

- Sun protective clothing is included in our school uniform and dress code. School clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and elbow length sleeves, longer style dresses and shorts, rash vests or t-shirts for outdoor swimming.

### 3. Hats

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative.

### 4. Sunscreen

- Students are encouraged to provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen available for staff and student's use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every 2 hours if outdoors.

### Staff WHS and Role modelling

As part of WHS UV risk controls and role-modelling, staff are required to:

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

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

### Curriculum

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

### Policy Review

Date of next policy review: 05/03/2024