

School Policy:	Sun (UV) Protection Procedures
Development:	2017
Renewal Date:	2025
Status:	Revised and approved (School Board, 9 August 2022)

Policy Statement

This policy is considered before participating in all outdoor activities and events on and off site. A combination of sun protection measures will be required when Ultraviolet radiation (UV) levels reach 3 and above. In Canberra, this is generally from August to May, peaking in December and January. Statistically, the time of day when UV radiation is highest is 10.00 am to 2.00 pm (Eastern Standard Time) or 11.00 am to 3.00 pm (Daylight Saving Time), with 60 percent of the day's radiation occurring within that four hour period.

Rationale

A balance of 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. Conversely, 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. Most Australians receive the bulk of their Vitamin D supply from exposing their skin to small amounts of UV radiation in sunlight. Due to low levels of UV radiation in Canberra during the winter months, the Cancer Council ACT does not generally recommend sun protection in June and July, unless outdoors for extended periods. This is to reduce the risk of Vitamin D deficiency in the ACT community.

Objectives

This SunSmart policy provides guidelines to:

- ensure all students and staff have some UV exposure for Vitamin D.
- 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.
- ensure the outdoor environment is sun safe and provides shade for students and staff.
- ensure students are encouraged and supported to develop independent sun protection skills.
- support duty of care requirements.
- support appropriate Workplace Health and Safety strategies to minimise UV risk and associated harms for staff and visitors.

Legislation and Standards

- [Work Health and Safety Act 2011](#)
- [Work Health and Safety Regulations 2011](#)

Procedures

The below procedures apply for all outdoor activities **between August and May**, when the risk of sun damage is highest. The 1st of June is "Hats Off Day" and the 1st August is "Hats On Day".





1. Slip on sun protective clothing

Sun protective clothing is included in our school uniform / 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 and shorts. When possible the swimming carnival will be held in an indoor venue with students required to wear a t-shirt or rash vest if attending outdoor swimming carnivals.

2. Slop on sunscreen

- Students are encouraged and supported to use a broad spectrum daily, water resistant SPF 30 or higher sunscreen on exposed skin that cannot be protected by clothing/uniform.
- Parents/Carers are reminded that sunscreen should be applied at home before leaving for school.
- Parents/Carers are encouraged to supply 30+ broad spectrum and water repellent sunscreen as part of their child's school equipment.
- Sunscreen is accessible in all classrooms, to all students and workers for daily application throughout the day.
- Where practical students are given opportunities and reminders to apply sunscreen 15-20 minutes prior to lunch break and before participating in outdoor activities.
- Students are encouraged to apply sunscreen themselves. Staff will exercise judgement as to whether some students, for example, young students, or those with additional needs, should be supervised when applying sunscreen.
- If a child is allergic to sunscreen, parents/carers must notify the school about this on the appropriate medical form completed at the beginning of each year. Parents/carers have the option of providing a hypoallergenic sunscreen for their children.
- During events where children are outside for long periods, sunscreen application reminders will be timetabled into the schedule

3. Slap on a hat

Between August and May **all** students and staff are required to wear SunSmart hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Broad-brimmed hats should have an angled rim that is suitable for the size of the child's head (a minimum of 5 cm as a guide and 6 cm for older children and adults. Baseball or peak caps and visors are not considered a suitable alternative. Students who do not have a hat at school will not be able to participate in outdoor (where there is not sufficient shade) activities. For safety reasons, Fraser Primary School requests that parents/carers either purchase sun hats with safety cords designed to break under minimal strain or remove cords from sunhats altogether. Students will not be permitted to access fixed playground equipment unless their hat meets the above safety measures.

4. Seek shade

- The school makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students play during recess and lunchtime.
- 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 shaded area directly outside of their classroom or join an inside play option.



- The availability of shade is considered when planning all other outdoor activities and excursions.
- During both break times students eat undercover.
- During the longer lunch breaks students have a number of shaded areas to play under outside. A number of inside lunchtime clubs are offered each day and the library is open. The large oval is closed when there are health concerns related to heat or UV.
- In consultation with the school, shade provision is considered in plans for future buildings and grounds.

5. Slide on sunglasses [SUGGESTED]

Where practical, students and staff are supported in wearing 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.

Outdoor activities

Outdoor time in the sun will be minimised, when possible, between 11am and 3pm from August to May. This is when UV levels peak in Canberra and the risk of skin and eye damage is significantly increased. Care is always taken during the middle of the day when outdoors. The risk of sunburn will be considered when planning outdoor events and timetabling outdoor classes, assemblies, breaks and eating times.

Winter and sun protection

According to the Cancer Council ACT, due to low UV levels experienced in Canberra around the June and July period (under 3), sun protection is not generally required during this period at school. This is to reduce the risk of Vitamin D deficiency in the ACT region. Students and teachers will not be required to wear their sun hat during this period.

Work Health and Safety & Modelling

As part of our Workplace Health and Safety responsibilities, all teachers and staff members will be encouraged and supported to protect their skin and eyes when working outdoors, when UV levels are 3 and above or if spending extended time in the sun.

All staff are required and visitors encouraged to act as positive SunSmart role models. Teachers are required to wear sun protective hats and clothing. They are encouraged and supported to apply SPF 30+ broad spectrum, water resistant sunscreen and reapply every 2 hours (provided by school where required), seek shade where possible, and be aware of the signs of early skin cancer and what to do if they have any concerns.

The Principal will do as much as reasonably practicable to protect workers at our school from overexposure to UV. Skin cancer is an occupational disease.

Families and visitors to our school are also encouraged to model appropriate sun protection behaviour by adopting a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor activities and events on site.

Communication and learning activities

Our school will:

- Publish the Sun Protection Policy on the school website
- Display the SunSmart Widget on the school website to assist the community to better understanding when sensible sun UV protection is and is not required each day in Canberra.
- Actively promote positive sun UV protection behaviour and attitudes through communication with families via school newsletters, the website, school events and assemblies.
- Education on sun protection, UV exposure, skin damage and vitamin D is incorporated into all primary school year levels



- Encourage teachers and workers to complete [Cancer Council Generation SunSmart Professional Learning online modules](#)

Review, monitor and update

- Our policy is regularly monitored and reviewed at least once every three years and revised when required.
- As a member of the National SunSmart Schools Program since 1999, this policy will be submitted to Cancer Council ACT every three years to be reviewed. This policy will be updated if required to maintain high national SunSmart standards for schools.

Related Policies/Documents

- [ACT Education Directorate Sun \(UV\) Protection for Students Policy 2015](#)
- Cancer Council ACT National SunSmart Schools Program www.actcancer.org

