



Renmark Primary School

SunSmart Policy

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 policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV index levels reach 3 and above
- 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 schools sun protection policy



Legislation

- Work Health and Safety Act 2012

Procedures

- Staff are encouraged to access the daily sun protection times from the Bureau of Meteorology website to assist with implementing this policy <http://www.bom.gov.au/sa/uv>.
- Students remain inside when the temperature reaches 36 degrees and above. All learning areas have excellent air conditioning and cold water is readily available to all students.
- A combination of skin protection measures are considered when planning outdoor events e.g. camps, excursions, sporting activities and swimming carnivals.
- The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times.
- This policy applies to all school activities and events, on and off site.

Clothing

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



Sunscreen

- Each classroom has SPF30 sunscreen available for all staff and students. Students may provide their own SPF 30 or higher broad spectrum, water resistant sunscreen if they prefer.
- Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours.
- Teaching staff will remind students to apply sunscreen before going outdoors.
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.



Hats

- All students and staff are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable
- Cords must be removed from hats.
- Bucket hats are available for sale at school.



Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school ensures there is sufficient shade in the school grounds, particularly in areas where students congregate.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible.
- 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 clothing are asked to play in the shade or a suitable area protected from the sun.

Sunglasses [optional]

- Students and staff are encouraged to wear close fitting wrap-around sunglasses that meet the Australian Standard AS/NZS 1067:1:2016 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible.
- Novelty tinted glasses do not protect against UV radiation and are not recommended.



Curriculum

- Programs on skin cancer prevention are included in the curriculum for all year levels at least every second year.

Staff WHS, role modelling & policy promotion

As part of WHS UV risk controls and role modelling, when the UV radiation level is 3 and above staff will:

- wear sun protective hats, clothing and sunglasses 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 e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

SunSmart behaviour is regularly reinforced and promoted to the whole school community via the school's usual communication channels.

Policy developed: June 2023

Ratified by Governing June 2023

Due for review: June 2026