



St Richard's Catholic School

SUN SMART POLICY

Rationale:

A balance of ultraviolet radiation (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. 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. This policy is adopted to ensure that all children attending St Richard's are protected from skin and eye damage caused by harmful ultra-violet rays of the sun.

The policy is followed throughout the year, however it is enforced from the beginning of September until the end of April as in Victoria average UV Index levels are 3 and above from the beginning of September to the end of April.

Aim of the policy

The aims of the Sun Smart policy are 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 during the daily local sun protection times (issued whenever UV levels are 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 to help them be responsible for their own sun protection.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Implementation:

Roles & Responsibilities:

- When planning for excursions, sporting events and camps protective Sun Smart measures will be taken into account. For example: The wearing of appropriate clothing and sunscreen. Prior knowledge of shaded areas around venues will be sort where possible.
- Sun Smart posters will be displayed around the school from September through to April to support and reinforce Sun Smart procedures .

- The Sun Smart message will be spread to children and their families through the school newsletter. This will occur at various intervals during the months of September through to April.
- Teachers will incorporate Sun Smart education into their programs.
- Children will be both reminded and encouraged to drink water during breaks to prevent dehydration taking place.
- To assist in the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the free Sun Smart app or at sunsmart.com.au.
- Students will remain inside if the temperature is 35 degrees or above.

Use of Shade:

- Teachers will encourage children to play in the shaded areas provided by the many trees in our environment and in our purpose built shelter shed.
- In consultation with the School Advisory Board and Parents and Friends, shade provision is considered in plans for future buildings and grounds e.g. where students have lunch, assemblies, sports outdoor lessons and popular play spaces.

Use of Protective Clothing & Eye Protection:

- When the UV is 3 and above as part of OHS UV risk controls teachers are to role model the importance of wearing sunscreen, protective clothing and a hat.
- The standard school uniform is made from close weave fabric which provides appropriate sun protection from the sun's harmful rays. The uniform incorporates longer styles of dresses and shorts. It includes shirts with collars and long style sleeves for added protection. We have both legionnaire and broad brimmed style hats.
- During Terms One and Four, children who do not have a school hat will remain in a designated shade area i.e. "No school hat – No Play".

Sunscreen:

- Students are encouraged to bring SPF 30 (or higher) broad spectrum, water resistant sunscreen to school. It is recommended that children are able to apply their own sunscreen. Parents are responsible for providing sunscreen for school and school related activities.

LEGISLATIONS & STANDARDS:

Occupational Health and Safety Act 2004

Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

Relevant documents/links

Sun Smart Policy

- DEAT [The Compact: Roles and Responsibilities in Victorian government school education](#): Principle 3 (2012)
- DEAT School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2011)
- DEAT [OHSMS Implementation Guide](#) (2009)

- DEAT [Building Quality Standards Handbook](#) (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- DEAT [Guidelines for School Playgrounds](#) –Playground safety management: Section 3.2.5 (2012)
- DEAT [Outdoor activities](#)
- Catholic Education Commission of Victoria (CECV) [Occupational Health & Safety Checklist](#)
- Independent Schools Victoria (ISV) Compliance Framework: [Sun Protection](#) / [Health & safety](#)
- [Victorian Early Years Learning and Development Framework](#) (VEYLDF)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools –Government Response
- Safe Work Australia: [Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight](#) (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods

EVALUATION:

This policy will be reviewed as part of the School's review cycle.

This policy was ratified by St Richard's School Advisory Board on 16th August 2017