



**Sun Smart**

**POLICY**

**And**

**Inclement Weather Procedures**

**May 2023**

## SUN SMART POLICY

Please note: To comply with SunSmart guidelines, sun protection is used during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times.

This policy applies to all school 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 major 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 when UV is 3 and above does not put people at risk of vitamin D deficiency.

## OBJECTIVES

This SunSmart 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 that families and new staff are informed of the school's SunSmart policy.

Staff are encouraged to access the daily local sun protection times on the SunSmart app, [www.myuv.com.au](http://www.myuv.com.au) or [www.bom.gov.au](http://www.bom.gov.au) to assist with the implementation of this policy.

## LEGISLATION

**Work Health and Safety Act 2012**

# SUN PROTECTION MEASURES

## Local policy

East Para Primary 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.

### 1. Clothing

Sun protective clothing is included in the school uniform/dress code and sports uniform. The 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 and rash tops or t-shirts for outdoor swimming.

### 2. Sunscreen

Students must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen and/or the school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.

Sunscreen is applied at least twenty minutes before going outdoors and reapplied every two hours if remaining outdoors. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

### 3. Hats

All students and staff are required to wear hat 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.

In accordance with DfE policy Hats are not to have cords.

Children are allowed to wear hats all year round, and are required to wear them during Terms 1, 3 and 4 and whenever the UV is 3 and above at other times.

### 4. Shade

A shade audit is conducted regularly to determine the current availability and quality of shade. The school Governing Council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. canteen, outdoor lesson areas and popular play areas.

The availability of shade is considered when planning excursions and all other outdoor activities. In consultation with the school Governing Council, shade provision is considered in plans for future buildings and grounds.

Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be held during term 2 or earlier in the day where practical.

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.

#### 5. Sunglasses [optional]

Students and staff are encouraged to wear close fitting, wraparound 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.

#### 6. Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV 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.

#### 7. Curriculum

Programs on skin cancer prevention are included in the curriculum for all year levels.

SunSmart behaviour is regularly reinforced and to the whole school community through newsletters, website, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

## E.P.P.S. O.S.H.C.

**Before school care:** sun protection is not required as the UV radiation levels are rarely 3 and above 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

**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.

**Vacation care:** sun protection is required for all outdoor activities from 1 August to 30 April and whenever the UV is 3 and above at other times.

## Inclement Weather Plan



## Inclement Weather Plan

If the temperature is expected to exceed 36 degrees, leadership will check the temperature on BOM and immediately after the play bell has rung will ring the inclement weather bell (3 short blasts) and students will resume inside play.

If it is raining or there are other extreme weather events including excessive wind, cold or smoke, leadership will ring the inclement weather bell (3 short blasts) and students will resume inside play. Even if the weather clears students will not be sent outside.

No devices are to be used during Inside Play for inclement weather.

## POLICY REVIEW

The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least every three years) and revise the policy when required.

Date of next policy review Term 1, 2024

## RELEVANT RESOURCES

### Sun protection times

The sun protection times show when the UV is forecast to be 3 and above. They can be accessed via the free SunSmart app, the free widget to place on your website (download via <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/sunsmart-app-and-widget>), [myuv.com.au](http://myuv.com.au), in the weather section of the newspaper or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv>.

### Creating effective shade

This online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade. Visit <http://www.sunsmart.com.au/shade-audit>.

### **Generation SunSmart**

Fun and interactive online sun protection modules for teachers, school nurses and year 6-9 students. Visit <http://www.generationsunsmart.com.au/>.

### **SunSmart millionaire**

How SunSmart are you? An innovative online game-based resource for children aged 9-13 years that promotes the science behind the SunSmart message. Visit: <https://app.education.nsw.gov.au/rap/resource/access/a0d1bab8-c857-4bf6-9b95-640d3776b20d/1>

### **SunSmart Hat-Wearing Toolkit**

Leads staff through simple steps, with useful tips and resources to reinforce current SunSmart hat-wearing behavior to reach 100% compliance or to phase out baseball caps. Visit <https://www.cancersa.org.au/prevention/sunsmart/sunsmart-resources/hat-wearing-toolkit>

Issue: 2 Issue date: Term 2, 2023 Review date: Term 1, 2024
---