



## *Teesdale Primary School Policy*

### Sun Protection Policy

**Ratified July 2024**

*Teesdale Primary School was one of the first schools to successfully register as a Sun Smart member in 1994.*

#### **Rationale**

Too much ultraviolet (UV) radiation exposure can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. As the sun's UV radiation is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

#### **Purpose**

Given school hours and activities fall within peak UV periods of the day, this comprehensive evidence-informed policy provides guidelines on effective UV protection strategies.

This policy provides guidelines to;

- ensure all students and staff are protected from over-exposure to UV radiation
- ensure the outdoor environment 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 our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

#### **Scope**

This policy applies to all;

- students, staff, volunteers, visitors and contractors
- activities and events on and off-site including; recess breaks, outdoor lessons, P.E and sports classes, interschool sports activities, excursions, camps and free dress days
- school environments and environments where school related events occur

#### **Definitions**

- **Ultraviolet (UV) radiation** - a type of energy produced by the sun and some artificial sources, such as solariums and collariums. UV can't be seen or felt. The sun's UV can reach you directly and also indirectly (reflected off different surfaces and scattered by particles in the air). At least 95% of skin cancers are caused by UV exposure
- **Sun protection times** - a forecast by the Bureau of Meteorology for the time of day UV levels are predicted to reach 3 or higher (when sun protection is recommended for all skin types). In Victoria, UV levels typically reach 3 or higher daily from mid-August to the end of April. Sun protection times are available for various locations across Victoria, nationally and globally on the free SunSmart Global UV app.
- **Sun protection** - a combination of strategies, (clothing, hats, sunscreen, sunglasses and shade) to protect from UV.
- **Shade** - a barrier, (built, natural or temporary) that protects from direct UV. Good quality shade can reduce UV by up to 75%. Shade design should also incorporate indirect UV protection through the choice or modification of surrounding surfaces. (e.g., dark, natural rough surfaces that reflect less UV).

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### **Implementation**

Staff and students are encouraged to access, display and communicate the daily local sun protection times via the [SunSmart widget](#) on the school's website/intranet, free [SunSmart Global UV app](#), [sunsmart.com](#) or [bom.gov.au](#)

The sun protection measures listed in this policy are used for all outdoor activities. Teesdale Primary School recommends that from mid-August to the end of April, and whenever UV levels reach 3 and above, students at school are wearing sun protective clothing.

### **Procedures**

#### **1. Environment**

*Shade: Seek shade*

- The school council ensures there is enough shade, (natural, built, temporary) available in the school grounds, particularly in high-use areas - for example popular play spaces, assembly areas, sports and outdoor lessons
- The availability of shade is considered when planning all outdoor activities and excursions
- Students are encouraged to choose and use available areas of shade when outside
- The school council ensures shade provision and UV reflective surfaces are considered in plans for refurbishments and future building and grounds
- A shade assessment is conducted regularly to determine the current availability and quality of shade

#### **2. Behaviours**

*School uniform/dress code*

*Clothing: Slip on sun protective clothing*

- Both the school uniform/dress code include
  - cool, loose fitting, sun protective clothing made of densely woven or UPF rated fabric
  - shirts with collars and elbow length sleeves
  - longer style dresses, skirts, shorts and pants
  - rash vests are required for any outdoor swimming or water activities
- Students without appropriate covering clothing will be asked to play under the COLA/Mudbrick verandah or suitable area protected from the sun

*Hats: Slap on a sun protective hat*

- All staff and students wear a broad brimmed hat that protects their face, head, neck and ears, whenever they are outside
- Caps and Visors are NOT considered a suitable alternative
- Students without a sun protective hat are provided with a spare hat where possible
- Students without an appropriate hat will be required to use shaded areas or suitable areas protected from the sun

*Sunscreen: Slop on sunscreen*

- Students provide their own 50+ broad spectrum, water resistant sunscreen.
- The school community is educated about the correct use of sunscreen and the level of protection it provides, (apply 20 minutes before going outdoors and reapply every 2 hours, or more frequently if sweating or swimming e.g. towel dry and then re-apply)

*Sunglasses: Slide on sunglasses (if practical)*



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- Where practical, students are encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3,4) and cover as much of the eye area as possible.

### **Governance and leadership**

#### *Staff OHS and Role modelling*

- As part of OH&S UV risk controls and role-modelling, typically between mid-August and April in Victoria and when the UV is 3 and above staff must:
  - wear a sun protective hat, covering clothing and sunglasses, (if practical), when outside
  - apply SPF 50+ broad spectrum, water resistant sunscreen , and
  - seek shade whenever possible
- SunSmart information is included in staff handbook/orientation materials and during new staff induction.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.

### **School and community engagement**

#### *Families and visitors*

- For their own safety and to reinforce Teesdale Primary School’s sun protection strategies, families, visitors, contractors and volunteers are also asked to;
  - wear a sun-protective hat, covering clothing and, if practical, sunglasses
  - apply 50+ broad spectrum, water resistant sunscreen
  - seek shade whenever possible.

### **School Curriculum**

#### *Learning*

- Sun protection and UV safety education is incorporated into the personal learning and SAKGP curriculum for all year levels
- Students are encouraged to be involved in initiatives to promote and model sun protection measures at the school including taking leadership roles in managing sun protection for the whole school community. e.g. accessing daily sun protection times, hat and sunscreen application reminders, and supporting other students to be SunSmart.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, school websites/intranet/noticeboard, staff meetings, school assemblies, student and teacher activities and at student enrolment/orientation

### **Monitoring and Review**

- The school council and staff regularly monitor and review the effectiveness of the Sun Protection Policy (at least once every five years) and revise the policy when required
- Sun Protection Policy updates and requirements will be made available to staff, families,

Policy last reviewed	July 2024
Consultation	School Council Policy Committee
Approved by	School Council
Next scheduled review date	July 2027 (3-4 years)



## *Teesdale Primary School Policy*

### **Relevant Documents / Links**

*Local Policy*

[Dress Code Policy](#)

*Department of Education*

Department of Education and Training (Vic): Policy & Advisory Library (PAL)

- [Sun and UV Protection](#) / SunSmart policy template (DET portal) (Feb 2023)
- [Shade Sails](#)
- [Outdoor activities and working outdoors](#)
- [Outdoor Education Schools](#)
- [Risk management – schools](#)
- [Student Dress Code](#)
- Victorian School Building Authority (VSBA) [Building Quality Standards Handbook](#) (BQSH):

Section 5.1 Landscape architecture, 5.1.5 Shade Areas (May 2023)

SunSmart

- [Sun protection resources and information for primary schools](#)
- [Sun protection resources and information for secondary schools](#)
- [Sun protection advice for parents and carers](#)
- [Sun protection information in different languages](#)
- [Sun protection information for workplaces](#)
- Victorian Registration and Qualifications Authority (VRQA) [Guidelines to the Minimum Standards and Requirements for School Registration](#) - Care, safety and welfare of students p.23 (January 2022)
- Victorian Institute of Teaching (VIT), [The Victorian Teaching Profession's Code of Conduct](#) - Principle 3.2 (May 2021)
- [Australian Professional Standards for Teachers](#) (AITSL) – Standard 4.4 and 7.2
- [Victorian Early Years Learning and Development Framework](#) (VEYLDF) (May 2016)
- Catholic Education Commission of Victoria (CECV) [Your Child's Health Wellbeing and Safety \(Parent Handbook\)](#)
- Independent Schools Victoria – [isComply](#) (ISV portal)
- Education and Training Parliamentary Committee Inquiry into [Dress Codes and School Uniforms in Victorian Schools – Final Report](#) (2007)
- Australian Radiation Protection and Nuclear Safety Authority [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
- WorkSafe Victoria: [Sun protection](#)
- Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\)](#) (Mar 2020)
- AS 4174:2018 Knitted and woven shade fabrics
- AS/NZS 1067.1:2016 (Amd 2021), Eye and face protection - Sunglasses and fashion spectacles
- AS 4399:2020, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification



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- AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation.6.2.1: General considerations, 6.3.9: Shade and sun protection, Appendix A: Shade and sun protection
- [Healthy Schools Achievement Program](#) – Sun protection
- United Nations. 1989. [“Convention on the Rights of the Child.”](#) Treaty Series 1577 (November): 3
- World Health Organization and the United Nations Educational, Scientific and Cultural Organization, Health Promoting Schools – [global standards and indicators](#)