

# SUNSMART

## NARANGA SCHOOL 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. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. 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.

### Aims:

This SunSmart Policy has been developed to:

- Ensure that all students and staff maintain a healthy UV exposure balance.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Encourage safe UV exposure whenever UV Index levels are below 3.
- 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.

### Implementation:

Where applicable, staff are encouraged to access the SunSmart UV Alert at [sunsmart.com.au](http://sunsmart.com.au) to assist with the implementation of this policy.

### **From September to April in Victoria**

- To comply with SunSmart guidelines, sun protection is used from '**September to the end of April**' or '**whenever UV levels reach three or more**'.
- Our Sun Smart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, outdoor activities/ events will be scheduled to minimise time in direct sun e.g. earlier in the morning or later in the afternoon. Shaded and indoor venues will be considered.

#### **1. Shade**

- The school 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. lunch, canteen, outdoor lesson areas and popular play areas.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are encouraged to play in the shade or a suitable area protected from the sun.

## **2. Clothing**

- 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. Sun protective clothing is encouraged for outdoor sporting activities.

## **3. Hats**

- All students and staff are encouraged to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not recommended.

## **5. Sunscreen**

- SPF 30+ broad spectrum, water resistant sunscreen is encouraged for staff and student's use.
- Students are reminded to apply sunscreen before going outdoors.
- With parental consent, students with naturally very dark skin (skin that rarely or never burns) are not required to wear sunscreen.

## **Staff OHS and Role modelling**

As part of OHS UV risk controls and role-modelling, when the UV is 3 and above staff:

- Are encouraged to wear sun protective hats, clothing and sunglasses when outside.
- Apply SPF 30+ broad spectrum, water resistant sunscreen.
- Seek shade whenever possible.
  
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

## **Evaluation:**

- School Council will review this policy as part of the school's cyclic review process.

This policy was last ratified by School Council in....

**September 2013**