



## 3.14 SUNSMART AND HEAT

### POLICY

Over exposure to the sun presents a serious health risk. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

### PURPOSE

The aim of the policy is to:

- Educate students as to suitable 'SunSmart' protection strategies and teach them to be responsible for their own sun protection.
- Promote an awareness of the damage caused by the harmful ultra violet rays of the sun.
- Encourage students and staff to protect themselves from the harmful effects of the sun by using appropriate sun protection measures when required, particularly between Mid-August and the end of April.
- Work towards a safe school environment that provides adequate shade areas for students, staff and the school community.

### IMPLEMENTATION

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au).
- The sun protection measures listed are used for all outdoor activities during **the daily local sun protection times**
- The sun protection times are a forecast from the Bureau of Meteorology for the time of the day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from Mid-August to the end of April.

The following general strategies will be employed from Mid-August to the end of April.

1. This policy is to be read as part of our Student Dress Code. Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming.
2. Beumaris North is a 'SunSmart' member school with the Cancer Council Victoria, and all families and staff are informed of and have access to this policy.

3. Students are required to wear a SunSmart approved broad brimmed school sun hat that protects their face, neck and ears whenever they are outside from Mid-August to the end of April. School hats are available for purchase from the BNPS Uniform Shop.
4. Students should use a combination of sun protection measures whenever UV Index levels are expected to reach 3 and above, which is the level that can damage skin and eyes.
5. A 'No Hat, No Play' rule will be enforced from Mid-August to the end of April. Students without hats will be restricted to playing in designated shaded areas.
6. Staff will act as role models by also wearing broad brimmed hats when outside from Mid-August to the end of April.
7. Use of SPF 30 (or higher) broad spectrum water resistant sunscreen will be actively encouraged. It is recommended that sunscreen be applied before school under parent supervision. Sunscreen should be provided by parents for their children to use at school and on excursions.
8. Teachers will remind students to apply sunscreen before going outside and prior to Physical Education or Sport classes.
9. The school will provide SPF 30 (or higher) broad spectrum, water resistant sunscreen for staff use.
10. Staff and students will be encouraged to use shade areas for outdoor activities particularly on days of 30 degrees or more.
11. Staff and parents will act as role models by practising SunSmart behaviour.
12. On extremely hot days a "Hot Day" timetable will be implemented, enabling respite from outside conditions.
13. Outdoor activities will be planned with consideration to this policy.
14. To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless the UV Index level reaches 3 or above.
15. Families and visitors are encouraged to use a combination of sun protection measures when attending outdoor school activities.
16. 'SunSmart' activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
17. The school community will continue to develop shady areas in the school by caring for established trees and planting new ones where necessary.

18. The school council makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
19. The availability of shade is considered when planning all other outdoor activities.
20. Students are encouraged to use available areas of shade when outside.
21. The school newsletter, website and school assemblies will be used to highlight and reinforce the 'SunSmart' policy for the benefit of the entire school community.
22. The SunSmart widget is prominently displayed on the homepage of the BNPS website.
23. SunSmart posters are displayed around the school to remind students to apply their sunscreen regularly.

#### **References:**

[www.sunsmart.com.au](http://www.sunsmart.com.au)

[http://www.sunsmart.com.au/ultraviolet\\_radiation/sunsmart\\_uv\\_alert/uvwidget.html](http://www.sunsmart.com.au/ultraviolet_radiation/sunsmart_uv_alert/uvwidget.html)

<http://www.education.vic.gov.au/school/principals/spag/health/Pages/sun.aspx>

[ARPANSA Radiation Protection Standards for Occupational Exposure to Ultraviolet Radiation \(2006\)](#)

[Safe Work Australia: Guidance Note - Sun protection for outdoor workers \(2016\)](#)

[Sunsmart - sun protection for outdoor workers](#)

[AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles](#)

[AS/NZS 4399:2017, Sun protective clothing - Evaluation and classification](#)

[AS/NZS 2604:2012 Sunscreen products - Evaluation and classification](#)

[AS/NZS 4685.0:2017, Playground equipment and surfacing](#)

[Australian regulatory guidelines sunscreens](#)

*Ratified by School Council May 2019*

*Next review date 2020*