

# Sun Protection Policy – Neville Bonner Primary School



## Neville Bonner Primary School's sun protection policy (October 2017)

This policy is considered before participating in all outdoor activities and events on and off site. A combination of sun protection measures will be required when UV levels reach 3 and above. In Canberra this will be for most or part of each day between August and May.

### Rationale

It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. However, too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.

### Objectives

This Policy has been developed to:

- ensure all students and workers have a balanced approach to sun protection;
- require all children and workers to use a combination of sun protection measures whenever UV Index levels reach 3 and above;
- work towards a safe outdoor environment that provides effective shade for children and workers at appropriate times;
- assist students to be responsible for their own sun protection behaviour, and
- ensure that families and new staff are informed of the school's current policy and practices.

Our workers are encouraged to access the daily SunSmart UV Alert for Canberra at <http://www.myuv.com.au/> to find out daily local sun protection times to assist with the implementation of this policy.

We use a combination of the below sun protection measures for all outdoor activities whenever UV levels reach **3 and above**, the level that can cause long term damage to unprotected skin and eyes.

### 1. Shade

- there are a sufficient number of shade shelters and trees providing shade in the outdoor area,

and as a new and growing school we continue to review the planting of trees and built shelters;

- the availability of shade is considered when planning excursions and all other outdoor activities and events;
- students are encouraged and directed to use available areas of shade when outside, especially during Term 1 and 4; and
- students who do not wear an appropriate hat or clothing are directed to play in the shade or a suitable area protected from the sun.

### 2. Clothing

- Students and workers are required to wear loose fitting clothing that covers as much skin as possible. Clothing made from cool, densely woven fabric is recommended. Tops with elbow length sleeves, collars and knee length or longer style shorts and skirts are best. Students will be encouraged/required to wear a t-shirt or rash style vest if participating in all day outdoor swimming carnivals.

### 3. Hats

- All students and workers are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad-brimmed or bucket hats. Broad-brimmed hats should be a minimum of 6cm for children and 7.5cm for adults. Bucket hats should be 5cm for children and 6cm for adults. Baseball or peak caps are not considered a suitable alternative and will not be worn.

### 4. Sunglasses [SUGGESTED]

- Students who choose to wear sunglasses will be encouraged, a close fitting, wrap-around sunglasses that meet the Australian Standard 1067:2003 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible is best;
- Workers are also encouraged to wear suitable sunglasses when working outdoors that meet AS 1067:2003.

### 5. Sunscreen

- Students and workers are encouraged to bring SPF 30+ broad spectrum, water resistant sunscreen to school for personal use. Sunscreen must have a valid expiry date and be labelled AUST L or AS 2604:98. The school will make Sunscreen available for students and adults to use in each building;
- Children are asked to apply sunscreen in the morning before school and reapply at 12:45pm/1:15pm before heading outside for play break;

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- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies);

## 6. Outdoors activities

Outdoor time will be minimised, when possible, between 11am and 3pm during the daylight saving/summer period (i.e. Term 1 and 4). This is when UV levels peak in Canberra and the risk of skin and eye damage is significantly increased. Care is always taken during the middle of the day when outdoors.

## 7. Winter and sun protection

Due to low UV levels experienced in Canberra around the June and July period each day (under 3), sun protection behaviour, like wearing a hat and applying sunscreen is not generally recommended. Students and teachers will not be required to wear their sun hat during this period- this may be replaced with a beanie.

Teachers are encouraged to educate students during this period around the importance of a balanced approach to sun protection- i.e. students should know when sun protection is necessary and why?

## 8. Work Health and Safety & Modelling

As part of our Work Health and Safety (WHS) responsibilities, all teachers and staff members will be required to protect their skin and eyes when working outdoors, when UV levels are 3 and above or if spending extended time in the sun.

Workers at our school will be required to:

- wear sun protective hats, clothing and sunglasses;
- apply SPF 30+ broad spectrum, water resistant sunscreen and reapply every 2 hours;
- seek shade whenever possible, and
- be aware of the signs of early skin cancer and what to do if they have any concerns.

PCBUs (persons conducting a business or undertaking) will do as much as reasonably practicable to protect workers at our school from over-exposure to UV. Skin cancer is an occupational disease.

Families and visitors to our school are also encouraged to model appropriate sun protection behaviour by adopting a combination of sun protection measures (sun protective clothing and hats,

sunglasses, sunscreen and shade) when participating in and attending outdoor activities and events on site.

## 9. Communication and learning activities

Our school will:

- display this SunSmart policy for parents / carers, and discuss it with the students;
- regularly reinforce SunSmart behaviour through correspondence with families via displays, website, and through students and staff activities and learning experiences, and
- ensure information about this policy is included in parent/carer handbooks and other important documentation sent to families.

## 10. Review, monitor and update

- Our policy is regularly monitored and reviewed (at least once every three years) and revised when required.
- As a member of the National SunSmart Schools program this policy will be submitted to Cancer Council ACT every three (3) years to be reviewed.

Our next policy review is: 20 / 10 / 2020

## 11. Relevant Documents / Links

- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006) ARPANSA Radiation Protection Series No. 12
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight
- Work Health and Safety Act 2011
- ACT Education and Training Directorate Sun Protection Policy 2015
- Cancer Council ACT National SunSmart Schools Program  
<http://www.actcancer.org/prevention/sunsmart/>

*This policy last updated by CCACT in October 2017*

