

Ocean View P-12 College Sun Protection policy

This policy applies to all school activities and 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 sun protection policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever the UV Index reaches 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 families and new staff are informed of the school's sun protection policy.

Procedures

Policy implementation times

Staff are encouraged to check the daily sun protection times each morning for our location using the free [SunSmart Global UV app](#), [SunSmart widget](#), myuv.com.au or the [Bureau of Meteorology website](#) to support the implementation of sun protection at the school.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 (or 1 August to 30 April) and whenever UV levels reach 3 and above at other times.

Scheduling

A combination of sun protection measures are considered when planning outdoor activities such as camps, excursions, sporting activities and water-based activities.

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times, where possible or in the shade.

Peak UV times of the day are when the UV is highest during the daytime and differ from the local sun protection times issued by the Bureau of Meteorology, which change daily. For an implementation guide peak UV times of the day are 11.00 am-3.00 pm during daylight savings and 10.00 am-2.00 pm during non-daylight savings.

Sun protection measures

1. Hats

All students and staff are required to wear a broad-brimmed, legionnaire or bucket hat which protects the face, ears, and neck. Please note baseball caps are not acceptable in the Primary Years. The school has a limited number of spare hats available for student use.

2. Clothing

Appropriate sun protective clothing is included in the school uniform/dress code and sports uniform. Clothing made of a closely woven material including tops with collars or higher necklines and elbow-length sleeves and longer-style skirts, dresses and shorts are recommended. Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.

3. Sunscreen

- SPF 50+ broad-spectrum, water-resistant sunscreen is supplied by the school for student and staff use. Families and staff can also supply their own SPF 50+ broad-spectrum, water-resistant sunscreen.
- Time is provided to apply sunscreen before going outdoors. (Primary Years)
- Students are reminded to apply sunscreen before going outdoors.

4. Shade

- Staff are to use available areas of shade for outdoor activities as much as possible and actively encourage students to play in the shade.
- Students who are not wearing a SunSmart hat or appropriate clothing are asked to sit in the shade or return indoors. (staff permitting)

5. Sunglasses (*optional*)

N/A

6. Staff WH&S and role modelling

For work health and safety and role modelling, when the UV is 3 and above, staff are required to practice SunSmart behaviours including:

- wearing sun protective hats, clothing, and sunglasses when outside
- applying SPF 50+ broad-spectrum, water-resistant sunscreen
- seeking shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor school activities.

7. Learning and development

Sun protection education is incorporated into the curriculum for all year levels (or) at least every second year.

8. Policy promotion

Sun protection information and the sun protection policy is promoted to the whole school community through Class Dojo, Social Media, school homepage, parent meetings, staff meetings, school assemblies, student, and teacher activities.

Policy review

The school will review the policy regularly (at least every three years) and revise the policy when required.

The school will notify any relevant stakeholders should any significant policy updates be made (e.g., families, staff, Cancer Council SA).

Date of next policy review:.....February 2024.....

Legislation

- **Work Health and Safety Act 2012**

Relevant resources

Twinkl Curriculum Resource

Free sun protection curriculum resources suitable for Foundation to Year 6 to be used in classroom teaching and learning activities. Visit: [Foundation – Year 6 sun safety curriculum resources](#)

SunSmart Literature Activities

Literature resource activities for over 20 picture books with various themes related to the sun, weather, the seasons, sun protection and skin. Visit: www.generationsunsmart.com.au/sunsmart-literature-activities/

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>