



Braeview School's SunSmart / Sun Protection Policy

This policy applies to all outdoor school activities on and off-site and is considered in the planning of all outdoor events.

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 later in 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 (which cannot be seen or felt) 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 fall within peak UV periods of the day, this comprehensive evidence-informed policy provides guidelines on effective UV protection strategies.

This SunSmart 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.

Implementation

Daily sun protection times are forecast by the Bureau of Meteorology for the time-of-day UV levels are predicted to reach 3 or higher, based on location. At these levels, sun protection is recommended for all skin types.

The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 (and when UV is 3 and above at other times), with the exception of hats which students and staff wear all year round.

Procedures

1. Physical 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 where students have lunch, popular play spaces/equipment, assemblies, sports and outdoor lessons
- The availability of shade is considered when planning all outdoor activities and excursions.
- Students are encouraged to use available areas of shade when outside
- The school council ensures shade provision is considered in plans for future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.



BRAEVIEW SCHOOL

1A Montana Drive, Happy Valley 5159

T: 08 8381 2966

E: dl.1163.info@schools.sa.edu

www.braeview.sa.edu.au



2. Social-emotional environment

School uniform/dress code

The school's uniform/dress code for students and staff applies to all outdoor events on and off-site including PE and sports lessons, interschool sports activities, excursions, camps and free dress days.

Clothing: *Slip on sun protective clothing*

- Both the school uniform/dress code and sports uniform/dress code include:
 - Cool, loose-fitting, sun protective clothing made of densely woven fabric
 - Shirts with collars and elbow-length sleeves
 - Longer-style dresses, skirts, shorts and pants.
 - Rash vests or t-shirts for outdoor swimming and water sport activities.
- Students without appropriate covering clothing will be asked to use shaded areas or suitable areas protected from the sun

Hats: *Slap on a sun protective hat*

- All staff and students wear broad-brimmed, bucket or legionnaire hats that protect 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 asked to use shaded areas or suitable areas protected from the sun

Sunscreen: *Slop on sunscreen*

- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students to use
- Students provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- Strategies are in place to remind and encourage students to apply sunscreen before going outdoors (e.g., reminder notices, sunscreen monitors) with time for this scheduled into the daily routine.
- 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]*

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

3. Governance and leadership

Staff role-modelling and OHSW

- As part of OHSW UV risk controls and role-modelling, staff:
 - wear a sun-protective hat, covering clothing and, if practical, sunglasses;
 - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
 - seek shade whenever possible.
- SunSmart information is included in staff handbook/orientation materials.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.



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- UV radiation exposure is considered as part of the [school's risk management and assessment](#) for all outdoor events and activities on and off-site, e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen) are included in school camp activities, excursions, sports days and interschool sports events.

4. School and community partnerships

Families and visitors

- For their own safety and to reinforce our school's sun protection strategies, families, visitors and volunteers are also asked to:
 - wear a sun-protective hat, covering clothing and, if practical, sunglasses;
 - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
 - seek shade whenever possible.

5. School curriculum

Learning

- Sun protection and UV safety education is incorporated into the curriculum for all year levels through Australian Curriculum Health
- 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 reminders and supporting sunscreen application.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, school website/intranet/noticeboard, staff meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

Monitoring and review

- The school council, staff and students/SRC monitor and review the effectiveness of our SunSmart policy (at least every three years) and revise the policy when required.
- SunSmart policy updates and requirements will be made available to staff, families, students and visitors.
- The school's SunSmart policy is easily accessible to staff, students and parents via the school website, parent handbook and staff handbook.
- Our school is committed to our SunSmart membership and complete a policy review and membership renewal with SunSmart at <https://www.sunsmart.com.au/advice-for/schools-early-childhood/renew-your-sunsmart-membership>
- As registered SunSmart members, we have submitted a copy of our policy to SunSmart and commit to implementing the sun protection measures as documented.

Next policy review due: 02/ 2024