

## SUNSMART POLICY

### PURPOSE

The purpose of this policy is to encourage behaviours at Baringa SS to minimise the risk of skin and eye damage and skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally terms 1 and 4)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

### SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

### POLICY

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)

- peaks during school hours.

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available via the free [SunSmart app](#), or at [sunsmart.com.au](https://sunsmart.com.au) or [bom.gov.au](https://bom.gov.au).

Baringa has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

## Shade

Baringa will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for lunch
- popular play areas
- assembly areas
- the oval
- sporting facilities
- high traffic areas
- bus pick up and drop off zone

When building works or grounds maintenance is conducted at Baringa that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

## Sun protective uniform/clothing

Baringa recommends that in term one and term four, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- loose, cool, closely woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

Baringa's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts

For the whole of first and fourth terms all students **must** be encouraged to wear a sun protective hat that shades the face, neck and ears for all outdoor activities. This encouragement must be done:

- in the context of Baringa being a PBIS school and all students having an intellectual disability with associated language disorders and behaviour challenges.

Hats may also be worn for all outdoor activities outside of terms one and four, by parent or student choice.

All staff will be expected to wear hats while on yard duty or other outside supervision or activity.

Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun.

## Sunscreen

Baringa encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours according to [manufacturer's instructions](#).

Baringa has strategies in place to remind students to apply sunscreen before going.

At Baringa sunscreen will be provided in every classroom and students will be encouraged by staff to use the sunscreen before going out for playtimes or other outside activities.

Staff and students who suffer from allergic reactions from certain types of sunscreen are encouraged to contact Baringa to implement a management plan to reduce the risk of an allergic reaction at school.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

## Sunglasses

Where practical Baringa encourages students and staff engaged in outdoor activities 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.

## Curriculum

Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. will address sun and UV safety education as part of its personal health and safety curriculum.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.

## COMMUNICATION

The key points in this policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Highlighted in the staff induction processes
- Highlighted in the staff handbook/manual
- Reminders in our school newsletter
- Hard copy available from school administration upon request

## FURTHER INFORMATION AND RESOURCES

- the Department's Policy and Advisory Library:
  - o [Sun and UV Protection Policy](#)
  - o [Duty of care](#)
- [SunSmart](#)

## POLICY REVIEW AND APPROVAL

Policy last reviewed	17 <sup>th</sup> of August, 2021
Approved by	School Council
Next scheduled review date	July 2024