



## SUNSMART POLICY

Reviewed: 15/09/2022

Next review: 15/09/2025

RECOMMENDED REVIEW CYCLE: 3-4 YEARS

COMMUNICATION METHOD: SCHOOL WEBSITE

OPTIONAL



### Help for non-English speakers

If you need help to understand the information in this policy please contact Doncaster Primary School on 9848 1122 or email [doncaster.ps@education.vic.gov.au](mailto:doncaster.ps@education.vic.gov.au)

### PURPOSE

The purpose of this policy is to encourage behaviours at Doncaster Primary 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 September – April)
- 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 September – end of April)
- peaks during school hours.

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Located in U:\Policies and on School Website

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 September 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](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

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

## Shade

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

- the canteen
- outdoor lesson areas
- popular play areas

When building works or grounds maintenance is conducted at Doncaster Primary School 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

Doncaster Primary School recommends that from September to end of April, 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.

At recess and lunch times from September to April, and whenever UV levels reach 3 and above, all students **must** wear a hat when playing outside that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the September to April time period, by parent or student choice.

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

Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who may not be 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

Doncaster Primary School encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September to the end of April, and

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](#).

Doncaster Primary School has strategies in place to remind students to apply sunscreen before going outdoors. For example, reminders are part of excursion permission notices or if necessary and appropriate teachers may assist students in applying sun screen in the junior grades or in specific circumstances.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen when outside from September to the end of April or whenever UV levels reach 3 and above

## Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure.

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.

## FURTHER INFORMATION AND RESOURCES

- the Department's Policy and Advisory Library:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
- [SunSmart](#)
- [Achievement Program's](#) SunSmart policy [schools will need to register for the program to gain access to these resources]

## REVIEW CYCLE

EVERY 3-4 YEARS