



Old Orchard Primary School

Sun Smart Policy

Purpose

The purpose of this policy is to encourage behaviours at Old Orchard Primary School 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 mid August – end of April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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 or bom.gov.au.

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

Shade

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

- where students congregate for lunch
- the canteen
- outdoor lesson areas
- popular play areas
- assembly areas
- sporting grounds

When building works or grounds maintenance is conducted at Old Orchard 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

Old Orchard Primary School'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
- rash vests or t-shirts for outdoor swimming activities.

At recess and lunch times from mid August to the end of April, and whenever UV levels reach 3 and above, all students **must** wear a hat when playing outside.

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

Old Orchard Primary School encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from mid August 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 if necessary.



At Old Orchard Primary School students are welcome to attend the First Aid Room to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the General Office 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 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 and Vitamin D education across the school community.

Further Information and Resources

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)

Review Cycle and Evaluation

This policy was last updated - August 2021

Consultation – School council was consulted in developing this policy

Approved – School Council approved this policy

August 2021

Next scheduled review date – Review scheduled for August 2024

Communication of this policy – School Website, Staff Handbook