

Berrinba East State School Sun Protection Policy



Berrinba East State School's Sun Protection Policy

This policy applies to all school events on and off-site.

The development and implementation of this strategy involves a consultative process with the school community, including school staff, students, parents and parents and citizens' association.

Berrinba East State School consulted with the school community on the development of a sun safety strategy that:

- provides effective educational programs on sun safety and preventive measures
- maximises the use of available shade for outdoor activities
- provides flexible planning of activities to reduce, as far as practicable, time spent by students in the sun between 10.00am and 2.00pm
- considers sun protection when determining or reviewing school uniform designs
- requires wearing of protective clothing, including appropriate hats, when in the sun during the school day, except where the wearing of hats may pose a risk to students' safety due to reduced visibility or interfering with activity skills (e.g. playing soccer)
- requires primary school students to wear swim shirts during all water-based activities, with the exception of competitions and carnivals
- encourages the wearing of swim shirts during all water-based activities in secondary schools
- requires all state schools to provide an SPF 30+ broad spectrum water based sunscreen for students to use on uncovered areas of the skin, such as the face and the back of the hands, for all outdoor activities
- considers sun protection in relation to parents and citizens' association projects and activities
- promotes the importance of parents, teachers, ancillary staff and voluntary helpers as role models for students in relation to sun protection strategies
- involves consultation with the school community to examine the feasibility of recovering costs incurred in supplying sunscreen in line with state education fees.

Rationale

Too much of the sun's UV 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 in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

Purpose

This Sun Safety 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.

Procedures

- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**.

The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types.

Environment

Seek shade

- The school makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the school council, 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.

Behaviours

Slip on sun protective clothing

- Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming.

Slap on a sun protective hat

- All students and staff wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative.

Slap on sunscreen

- Students provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen. This is included on the school's booklist each year.
- Sunscreen is applied in accordance with the manufacturer's directions (applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- Sunscreen is provided for activities occurring for prolonged periods in the sun such as outdoor learning, nature play and school sport.

Slide on sunglasses [if practical]

- Where practical students 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.

Learning

- Programs on sun protection are included in the curriculum for all year levels.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.
- Sun Safety clothing outlined in the school uniform policy.

OHS

- As part of OHS UV risk controls and role-modelling, staff, families and visitors:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.

Monitoring and review

- The school council and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at [sunsmart.com.au](https://www.sunsmart.com.au).
- The SunSmart policy is available to staff, students, families and visitors.