



# St James School SunSmart Policy

## 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 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

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the [SunSmart widget](#) on the school's website, the free [SunSmart app](#), or at [sunsmart.com.au](http://sunsmart.com.au).
- 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. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

### *Our Sun Protection Strategies*

All children and staff use a combination of sun protection measures to ensure they are well protected from the sun.

Our SunSmart policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

### *1. Shade*

- Shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

### *2. Clothing*

Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

### **3. Hats**

'No Hat No Play' will apply and the official school hat is the one to be worn.

### **4. Sunglasses**

Children and staff are able to wear sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

### **5. Sunscreen**

SPF 30 (or higher) broad spectrum, water resistant sunscreen is available for staff and children's use. 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).

Staff remind children to apply sunscreen before going outdoors.

### **6. Role modelling**

Staff act as role models by:

- Wearing sun protective hats, clothing and sunglasses when outside
- Applying SPF 30+ broad spectrum, water resistant sunscreen
- Seeking shade whenever possible

### **7. Curriculum**

- Programs on skin cancer prevention are included in the curriculum.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

## **Resources**

- DET School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2019)
- Victorian School Building Authority [Building Quality Standards Handbook](#) (BQSH): Section 5.1.4 Shade Areas (2018)
- ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
- Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)
- AS 4174:2018 Knitted and woven shade fabrics
- AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles
- AS/NZS 4399:2017, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](#)
- AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation. *6.2.1: General considerations, 6.3.9: Shade and sun protection, Appendix A: Shade and sun protection*
- SunSmart sun protection times (issued whenever the UV Index reaches 3 and above)  
www.sunsmart.com.au or [www.bom.gov.au/announcements/uv/](http://www.bom.gov.au/announcements/uv/)

## **Evaluation**

Ratified by the Advisory Committee in August 2019. This policy will be reviewed as part of the school's three-year review cycle or as required.