

# Sun Protection Policy



## Help for non-English speakers

If you need help to understand this policy, please contact Osborne Primary School, phone: 5975 1792, email: [Osborne.ps@edumail.vic.gov.au](mailto:Osborne.ps@edumail.vic.gov.au) or come into our school office.

## PURPOSE

The purpose of this policy is to support sun protection behaviours at Osborne Primary School to minimise risk of health problems from sun overexposure, including 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 (from mid-August until 30<sup>th</sup> 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 on and off-site, including camps and excursions. It is applicable to all students and staff.

## POLICY

Overexposure 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 damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

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 day and the year (highest from mid-August to the end of April in Victoria)
- 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 or above. 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).

Osborne Primary School has the following measures in place for all outdoor activities during the daily sun protection times to help reduce the risk of over-exposure to UV radiation for staff and students.

### Shade

Students are encouraged to use available areas of shade when outdoors during peak sun protection times, particularly if they do not have appropriate hats or outdoor clothing.

### Sun protective uniform/clothing

Osborne Primary School's uniform includes sun-protective clothing, including:

- loose, cool, densely woven fabric
- shirts with a collar



- tops with elbow length or long sleeves

*Osborne Primary School's uniform applies on and off-site unless otherwise advised. When students are not required to wear school uniform (such as school camps, free dress day), Osborne Primary School will ensure steps are taken to encourage students to wear sun-protective clothing whenever UV levels reach 3 and above.*

#### **Hats**

From mid-August to 30 April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Students who are not wearing hats will be asked to use available areas of shade when outdoors or a suitable area protected from the sun. After the first week of the school year, students who do not have a hat will be directed to the library during outdoor activities, where they can stay protected from the sun.

#### **Sunscreen**

Osborne Primary School encourages all staff and students to apply SPF50 or SPF50+ 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 (or more frequently if sweating or swimming).

Osborne Primary School has strategies in place to encourage students to reapply sunscreen before going outdoors.

#### **Staff role-modelling and OHS**

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.

UV radiation exposure is considered as part of our school's risk management and assessment for all outdoor events and activities, i.e. UV radiation protection strategies are included in school camp activities, excursions, sports days and interschool sports events.

#### **Families and visitors**

Families and visitors participating in and attending outdoor school activities are encouraged to:

- wear a sun-protective hat, covering clothing and, if practical, sunglasses;
- apply SPF50 or SPF50+ broad-spectrum, water-resistant sunscreen; and
- seek shade whenever possible when outdoors.

#### **Community engagement**

Sun protection 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.

Families, students and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. Osborne Primary School may provide information through newsletters and school assemblies.

### **COMMUNICATION**

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Reminders in our school newsletter
- Hard copy available from school administration upon request.

### **FURTHER INFORMATION AND RESOURCES**

- the Department's Policy and Advisory Library:
  - [Sun and UV Protection Policy](#)
  - [Heat Health](#)
  - [Outdoor Activities and Working Outdoors](#)



- Risk Management – Schools
- Shade Sails
- Student Dress Code
  
- SunSmart and Cancer Council Victoria.
  - Primary schools free education resources, sample policies and information about the free SunSmart Schools Program.
  - Secondary schools free education resources and sample policies.
  - Sunscreen reactions.

**POLICY REVIEW AND APPROVAL**

Policy last reviewed	10/9/2024
Approved by	School Council <i>Theskie</i>
Next scheduled review date	10/9/2027

