



YINNAR PRIMARY SCHOOL

# Sunsmart & UV Protection Policy

## **RATIONALE**

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage, and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

## **PURPOSE**

To create environments and encourage behaviours which reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.

## **SCOPE**

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

## **POLICY**

A combination of sun protection measures will be put in place from September to the end of April, and whenever UV levels reach 3 and above.

To assist with the implementation of this policy, Staff, students and the school community are encouraged to access the daily sun protection times via the SunSmart Widget on the school's website, the SunSmart App or at [sunsmart.com.au](http://sunsmart.com.au).

Shelter and trees will be provided to shade selected outdoor areas. The availability of shade will be considered when planning outdoor activities.

Staff and students will be encouraged to use a combination of sun protection measures when UV index levels are 3 or above and allow sun exposure when UV levels are below 3.

Students are required to wear a broad brimmed school hat that protects the face, neck and ears when outdoors from September to May. 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.

Students are encouraged to wear close fitting, wrap around style sunglasses that meet AS1067.

We encourage 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.

Parents/carers are responsible for ensuring that their children have suitable SPF 30 (or higher) broad-spectrum, water resistant sunscreen.

As part of OHS UV risk controls and role modelling, the wider school community will be encouraged to use sun protection measures whenever possible.

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. The school will address sun, UV safety and Vitamin D education as part of our Health Education Policy.

Information will be displayed throughout the school to support the school community's awareness of UV exposure. A shade audit will be conducted by the school annually as part of our Risk Minimisation Assessment.

## **FURTHER INFORMATION AND RESOURCES**

- Student Dress Code
- SunSmart.com.au

## **REVIEW CYCLE**

This policy will be reviewed as part of the school's 3 year cycle.

This policy was ratified by School Council in August 2018.