



Templestowe Heights  
Primary School

# SUNSMART POLICY

## RATIONALE

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. Australia has the highest rate of skin cancer in the world. This policy is to be implemented throughout the year but particularly when UV Index levels reach 3 and above. In Victoria, average UV Index levels are 3 and above from mid-August to the end of April.

## AIMS

- Increase student and community awareness about skin cancer and sun protection.
- To encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Work toward a safe school environment that provides shade for students, staff and the school community.
- Assist students to be responsible for their own sun protection
- Ensure that new families are informed of the school's SunSmart policy.

## GUIDELINES

- 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.*

1. Children will be required to wear school approved sun protective hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat) between mid-August and 1st May, whenever they are outside. Peak caps and visors are not considered a suitable alternative.
2. Clothing that covers as much skin as possible is provided as part of the school uniform/dress code. Singlet and midriff tops are not acceptable.

3. Staff will act as role models by also wearing hats and appropriate clothing when outside.
4. Children without hats will be required to play in a designated shade area.
5. Children will be actively encouraged to bring and to apply a broad-spectrum water resistant sunscreen (SPF30+). Provision of sunscreen will remain the responsibility of parents. 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).
6. The wearing of AS 1067 sunglasses by children in the playground is acceptable.
7. Whenever possible outside activities should be held in shady areas.
8. The SunSmart policy will be reflected in the planning of all outdoor events (eg. camps, excursions, sporting events) between, mid-August and 1<sup>st</sup> May. Permission notes for excursions will include SunSmart reminders.
9. The SunSmart policy will be regularly reinforced in the school newsletter, at assemblies and through student and teacher activities.
10. Shade provision will be a consideration in all future buildings and grounds development.
11. SunSmart activities and sun protection will form part of the Health & Physical Education Program at all levels of the school.

## **MORE INFORMATION AND 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)
- DET [Outdoor activities](#) (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*

## **EVALUATION**

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

*This Policy Was Ratified by School Council on 18 September 2019 and will be reviewed in September 2022.*