



SunSmart Policy

PURPOSE

The purpose of this policy is to encourage behaviours at Roberts McCubbin Primary School to minimise the risk of skin and eye damage and skin cancer.

This policy provides guidelines to:

- Heighten the awareness of the entire school community of the importance of Sun Safe behaviour in students now, in order to decrease the likelihood of skin cancer in their adulthood.
- Support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August – end of 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, including camps, excursions and non-uniform days including free dress days. It is applicable to all students and staff.

POLICY

Excessive exposure 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 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 year (highest in Victoria from mid-August – end of April)
- peaks during school hours

Sun safety is a shared responsibility, so staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above. Information about the daily local sun protection times is available via the SunSmart widget and on the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

Roberts McCubbin Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students:

Seek Shade

- The school will endeavour to ensure that there is adequate provision of shade within the school grounds for the number of students by planting trees, building permanent shade structures and that students be encouraged to use these areas.
- The availability of shade is considered when planning all 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.

Slip on sun protective/uniform clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose-fitting and made of densely woven fabric. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming
- Students who do not have adequate protection will be directed to an area protected from the sun.

Slap on a hat

- All students are required to wear a broad-brimmed hat, that protects their face, neck and ears, whenever they are outside between **mid- August to the end of April** and whenever the UV levels are 3 or higher.
- Peak caps and visors hats are not considered suitable.
- Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Slop on sunscreen

- Roberts McCubbin Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above.
- It is the responsibility of parents, to help their child/ren apply SPF30 or higher broad spectrum sunscreen at the beginning of the school day.
- Students will be reminded to apply sunscreen in accordance with Sun Smart guidelines, either every 2 hours or, where possible, at least 20 minutes before sun exposure.
- Strategies are in place to remind students to apply sunscreen before going outdoors, and during recess and lunch times.
- Families are also requested to support the SunSmart program by ensuring their child has had practice in applying their own sunscreen as recommended by SunSmart.

- Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

Slip on sunglasses

- Where practical Roberts McCubbin Primary School encourages students and staff engaged in outdoor activities to 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.

CURRICULUM

- Students at Roberts McCubbin Primary School are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Roberts McCubbin will address sun and UV safety education as part of the curriculum.
- Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote SunSmart behaviour across the school community.
- Students should be involved in a variety of learning activities to develop knowledge, attitudes and skills relevant to personal skin protection.

ENGAGING CHILDREN, EDUCATORS, STAFF AND FAMILIES

- 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.
- As part of OHS UV risk controls and role-modelling, staff, families and visitors will:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.
- On days when the temperature reaches 35° or above during an outside break, conditions will be monitored and a modified lunch/ recess will be implemented as part of Roberts McCubbin's Sweat Day Timetable.
- 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](#), the free [SunSmart app](#), or at sunsmart.com.au.
- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times** (whenever UV levels are 3 or higher), typically from mid-August to the end of April in Victoria.

MONITORING AND REVIEW

- The school will seek ongoing support from parents and the community for the SunSmart policy and its implementation.

- SunSmart Policy updates and requirements will be made available to staff, families and visitors.

LEGISLATION AND STANDARDS

- [Occupational Health and Safety Act 2004](#)
- [Education and Training Reform Act 2006](#): Sch.5 Reg. 1 (1.2)

FURTHER INFORMATION AND RESOURCES

School Policy Advisory Guide:

- [Sun and UV Protection Policy](#)
- [Duty of care](#)
- [SunSmart](#)

REVIEW CYCLE

This policy was last updated and ratified in May 2019 and is scheduled to be reviewed in 2023