

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Brunswick South West Primary School that minimise the risk of skin and eye damage, and skin cancer, via sun and UV exposure.

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 (generally mid-August to end of April)
- ensure that outdoor environments 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 and excursions. 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 to end of April)
- 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 and above (typically from mid-August to the end of April). Information about the daily local sun protection times is available via the SunSmart widget on the school's website, the free SunSmart app, [sunsmart.com.au](https://www.sunsmart.com.au) and [bom.gov.au](https://www.bom.gov.au). Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure.

Brunswick South West Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students: shade, sun-protective clothing, and sunscreen.

Shade

Brunswick South West Primary School will provide options for shade on school grounds, particularly in popular outdoor play areas, seated meeting spots, around sporting grounds, and activity hubs.

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Sun-protective clothing

From mid-August (exact date to be set by the school annually) to 30 April, all students **must** wear a sun protective hat that shades the face, neck, and ears for all outdoor activities; for example broad-brimmed, legionnaire, or bucket hat. Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun. Hats may also be worn for outdoor activities outside of the mid-August to end of April time-period by parent or student choice.

Brunswick South West Primary School recommends that from mid-August to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

Sunscreen

Brunswick South West Primary School encourages all staff and students to apply SPF 30+ (or higher) 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 according to [manufacturer's instructions](#).

Brunswick South West Primary School students are welcome to attend the school office or see a yard duty teacher to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the school office to implement a management plan to reduce the risk of an allergic reaction at school.

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

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.

FURTHER INFORMATION AND RESOURCES

School Policy Advisory Guide:

[Sun and UV Protection Policy](#)

[Duty of care](#)

[SunSmart](#)

REVIEW CYCLE

This policy was last updated on 18 March 2019 and is scheduled for review in 2023.