SUN SMART POLICY
BLACKMANS BAY PRIMARY
1. **Scope (audience and applicability)**
This policy applies to all staff, students and volunteers of Blackmans Bay Primary School.

2. **Purpose**
The Department of Education has a duty of care to all staff, students and children while they are on educational sites, during educational site hours and while undertaking educational activities. Reasonable steps must therefore be taken to ensure the safety of staff, students and children in relation to exposure to the sun.

Over exposure to ultraviolet (UV) rays can cause sunburn, skin damage and increase the risk of skin cancer. Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.

Being SunSmart requires a year-long approach. It means using sun protection when the UV is 3 and above (usually from mid-September through to mid-April) and allowing safe sun exposure for the absorption of vitamin D.

3. **Definitions**
**Duty of Care**: A duty imposed by law to take care to minimise the risk of harm to another. Please refer to the department’s Duty of Care for Students on Departmental Educational Sites Policy for further information.

**UV Index**: This index divides UV radiation levels into categories; low (1-2), moderate (3-5), high (6-7), very high (8-10) and extreme (11 and above). This is often presented in the shape of a bell curve to show how UV radiation levels change throughout the day – lower in the morning, highest in the middle part of the day and gradually dropping again throughout the afternoon.

4. **Policy Statement**
This policy aims to protect staff, students and children, as far as reasonably practicable, from the dangers of exposure to the sun.

This policy also aims to ensure both staff, students and children maintain a healthy UV balance (exposure) all year round.

This policy applies to all school events on and off site.

**Purpose**
This SunSmart policy provides guidelines to:
- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements.

**Legislation and Standards**
- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)
Procedures

- Staff and students are encouraged to access the daily local sun protection times at sunsmart.com.au or on the free SunSmart app to assist with the implementation of this policy.
- A combination of sun protection measures are used for all outdoor activities from mid-September to mid-April and whenever UV levels reach 3 and above.

1. **Seek shade**
- A shade audit will be conducted regularly to determine the current availability and quality of shade.
- There will be a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all outdoor activities and excursions.
- In consultation with the School Association, shade provision will be considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing will be asked to play in the shade or a suitable area protected from the sun. (Areas designated by senior staff).

2. **Slip on sun protective 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 style dresses and shorts and rash vests or t-shirts for outdoor swimming.

3. **Slap on a hat**
- All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative.

4. **Slop on sunscreen**
- All students are strongly encouraged to apply (before arriving at school) their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours if outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- With parental consent, students with naturally very dark skin are not required to wear sunscreen to help with vitamin D requirements.

5. **Slide on sunglasses [if practical]**
- Where practical students and staff are encouraged 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.
To help maintain adequate Vitamin D levels in Tasmania

From mid-September to mid-April when UV is usually 3 and above

- Most Tasmanians need sun protection.
- 10 minutes in the sun is recommended mid-morning (11am) and/or mid-afternoon (3pm) to as much skin as possible for vitamin D.
- Extra care should be taken in the middle of the day when UV levels are highest.
- Students with naturally very dark skin may need 4-6 times as much sun for vitamin D production and only require a hat and / or sunglasses to protect their eyes. It is not usually necessary for people with this type of skin to wear sunscreen and they will require about 30-90 minutes in the sun a day at mid-morning or mid-afternoon.

From mid-April to mid-September when UV level is usually below 3

- Hats and sunscreen are not required.
- 30 minutes in the sun to as much skin as possible is recommended in the middle of the day for vitamin D.
- Wear a hat or sunscreen if you are near reflective surfaces or are outdoors for most of the day.
- Students with naturally very dark skin will need 1.5 hours to 3 hours in the sun a day in the middle of the day (as this is not practical on a school day supplementation may be required). A hat is required by these students to protect their eyes only if they are near reflective surfaces.

Learning and skills

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

5. Monitoring and review

The School Association will regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.

6. Risk Management

All staff on educational site are to be aware of the risks associated with the sun and sun exposure, along with the strategies to reduce these risks. Being guided by the SunSmart UV alert, senior staff will conduct risk assessments and manage accordingly. Educational sites should take reasonable steps to ensure that students and children adhere to the policy.
7. Associated Documents and Materials
The following documents are available from www.education.tas.gov.au (Search for the Doc ID)
• Health and Wellbeing Policy Driver (Doc ID: TASED-4-1396) [Staff access only]
• Specific Health Issues: Procedures, Information and Contacts (Doc ID: TASED-4-1777) [Staff access only]
• Duty of Care for Students on Departmental Educational Sites (Doc ID: TASED-4-4435) [Staff access only]
• Legal Issues Handbook (Doc ID: TASED-4-2645) [Staff access only]
• Procedures for Planning Off Campus Activities (Doc ID: TASED-4-1765) [Staff access only]

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Developed by: Adapted from Strategic Policy and Planning, and Sunsmart Guidelines

Policy recommendations - SunSmart Officer, Support Services & Health Promotion, Cancer Council Tasmania

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