

# St Roch's Parish Primary School

## Sun Protection Policy



This policy applies to all outdoor school activities on and off-site and is considered in the planning of all outdoor events.

### Rationale

St Roch's Parish Primary School acknowledges that too much ultraviolet (UV) radiation exposure can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. As the sun's UV radiation (which cannot be seen or felt) is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

### Beliefs and Values

Our school has a duty of care and responsibility to ensure that adequate sun protection is provided for all students, staff members, contractors and volunteers, when at school or otherwise engaged in school related activities.

### Aim

This policy aims to protect students, staff members, contractors and volunteers, as far as reasonably practicable, from the dangers associated with exposure to UV Radiation.

St Roch's SunSmart/Sun Protection Policy provides guidelines to:

- Ensure all students, staff members, contractors and volunteers are protected from over-exposure to UV radiation;
- Ensure the outdoor environment provides shade for students, staff members, contractors and volunteers;
- Ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- Support duty of care requirements;
- Support the school's Occupational Health and Safety (OHS) obligations and initiatives to ensure the safety and well-being of all members of the School Community.

### Implementation

**Daily sun protection times** are forecast by the Bureau of Meteorology for the time-of-day UV levels are predicted to reach 3 or higher, based on location. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels typically reach 3 or higher daily from mid-August to the end of April. **Implementation only in Terms 1 and 4 is insufficient to protect against UV exposure risks.**

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/intranet, [free SunSmart Global UV app](#), [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au). The sun protection measures listed in this policy are used for all outdoor activities during the daily local sun protection times.

### Procedures

#### Seek Shade

- St Roch's will ensure that there is enough shade (natural, built, temporary) available in the school grounds, particularly in high-use areas– for example popular play spaces/equipment, sports and outdoor lessons.
- The availability of shade is considered when planning all outdoor activities and excursions.
- Students are encouraged to use available areas of shade when outside.
- St Roch's will ensure 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.

## Sun Protective Clothing

St Roch's acknowledges that clothing is the most protective barrier from UV Radiation. Sun protective clothing is included in our school uniform. This includes shirts with collars and elbow-length sleeves, longer dresses and shorts. Rash vests or t-shirts are also required for all outdoor swimming and water sport activities.

Staff members, contractors and volunteers are also encouraged to consider sun protective clothing when conducting or participating in outdoor activities.

## Sun Protective Hats

All St Roch's students are required to wear a hat that protects their face, neck and ears (legionnaire, broad-brimmed or bucket hat preferred), whenever they are outside. Caps and visors are not considered a suitable alternative.

## Sunscreen

Parent's and Carer's must ensure that their child provides their own SPF30+ (or higher) broad-spectrum, water-resistant sunscreen.

In the absence of a student providing their own SPF30+ (or higher) broad-spectrum, water-resistant sunscreen, staff members will offer a school purchased product to the student. Parent's and Carer's are reminded that in this instance St Roch's cannot be held responsible for any subsequent reaction that the student may experience as a result of the application of school sunscreen.

- Sunscreen is applied at least 20 minutes (where possible) 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 with time for this scheduled into the daily routine.
- The school community is educated about the correct use of sunscreen and the level of protection it provides (apply 20 minutes before going outdoors and reapply every 2 hours, or more frequently if sweating or swimming e.g. towel dry and then re-apply).

## Sunglasses

Where practical, students 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.

## School Curriculum

St Roch's ensures that programs relating to sun protection are included in the curriculum for all year levels. St Roch's ensures SunSmart behaviours are regularly reinforced and promoted to the whole school community. This is achieved via the school newsletter, school website, school assemblies and at student enrolment/new staff orientation.

Students are encouraged to be involved in initiatives to promote and model sun protection measures at the school including taking leadership roles in managing sun protection for the whole school community e.g. accessing daily sun protection times, hat reminders and supporting sunscreen application.

## Governance and Leadership

As part of the school's SunSmart risk management strategy and role-modelling, students, staff members, contractors and volunteers are required to wear a sun protective hat, covering clothing and, if practical, sunglasses; apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and seek shade whenever possible.

- SunSmart information is included in staff handbook/orientation materials.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.
- UV radiation exposure is considered as part of the **school's risk management and assessment** for all outdoor events and activities on and off-site, e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen) are included in school camp activities, excursions, sports days and interschool sports events.

## School and community partnerships

For their own safety and to reinforce our school's sun protection strategies, families, visitors and volunteers are also asked to:

- wear a sun-protective hat, covering clothing and, if practical, sunglasses;
- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
- seek shade whenever possible.

## Review

- St Roch’s review the effectiveness of our SunSmart/Sun Protection Policy (at least every three years) and revise the policy when required.
- SunSmart policy updates and requirements will be made available to staff, families, students and visitors.
- The St Roch’s SunSmart/Sun Protection Policy is easily accessible to staff, students and parents via the school website and through the school office.
- Our school is committed to our SunSmart membership and complete a policy review and membership renewal with SunSmart at [sunsmart renew your membership](#).
- As registered SunSmart members, we have submitted a copy of our policy to SunSmart and commit to implementing the sun protection measures as documented.

## Relevant documents / links

- SunSmart
  - [Sun protection resources and information for primary schools](#)
  - [Sun protection advice for parents and carers](#)
  - [Sun protection information in different languages](#)
  - [Sun protection information for workplaces](#)
- Department of Education and Training (Vic): Policy & Advisory Library (PAL)
  - [Sun and UV Protection](#) / SunSmart policy template (DET portal) (Feb 2023)
  - [Shade Sails](#)
  - [Outdoor activities and working outdoors](#)
  - [Outdoor Education Schools](#)
  - [Risk management – schools](#)
- Victorian School Building Authority (VSBA) [Building Quality Standards Handbook](#) (BQSH):
  - Section 5.1 Landscape architecture, 5.1.5 Shade Areas (May 2022)
- Victorian Registration and Qualifications Authority (VRQA) [Guidelines to the Minimum Standards and Requirements for School Registration](#) - Care, safety and welfare of students p.23 (January 2022)
- Victorian Institute of Teaching (VIT), [The Victorian Teaching Profession’s Code of Conduct](#) - Principle 3.2 (May 2021)
- [Australian Professional Standards for Teachers](#) (AITSL) – Standard 4.4 and 7.2
- [Victorian Early Years Learning and Development Framework](#) (VEYLDF) (May 2016)
- Catholic Education Commission of Victoria (CECV) [Your Child’s Health Wellbeing and Safety \(Parent Handbook\)](#)
- Education and Training Parliamentary Committee Inquiry into [Dress Codes and School Uniforms in Victorian Schools – Final Report](#) (2007)
- Australian Radiation Protection and Nuclear Safety Authority [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
- Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\)](#) (Mar 2020)
- AS 4174:2018 Knitted and woven shade fabrics
- AS/NZS 1067.1:2016 (Amd 2021), Eye and face protection - Sunglasses and fashion spectacles
- AS 4399:2020, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification
- 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
- [Healthy Schools Achievement Program](#) – Sun protection
- United Nations. 1989. [“Convention on the Rights of the Child.”](#) Treaty Series 1577 (November): 3
- World Health Organization and the United Nations Educational, Scientific and Cultural Organization, Health Promoting Schools – [global standards and indicators](#)

## Legislation and standards

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

Staff Members Involved	Angie Mastoras
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