



RICHMOND PRIMARY SUN SMART POLICY



Rationale

Our Sun Smart policy aims to ensure all students, staff, parents and visitors attending Richmond Primary School are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

Over-exposure to UV (ultraviolet) rays from the sun causes sunburn, skin damage, and increases the risk of skin cancer. Inappropriate sun exposure in the first 18 years of life significantly contributes to the lifetime risk of developing skin cancer. Whatever the weather it is important for people of all skin types to use sun protection whenever UV levels are three or above.

Given students and staff attend school at times when the UV levels can be damaging school can play a major role in providing an environment where policies and procedures can positively influence long term Sun Smart behaviour. In Tasmania the UV is generally 3 and above from the start of September until the end of April. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UV radiation risks.

Being SunSmart is a whole-of-year approach. It means using sun protection whenever the UV is 3 and above.

Objectives

- Ensure all students and staff are protected from over-exposure to UV radiation;
- Ensure the outdoor environment provides shade for students and staff;
- Ensure students are encouraged and supported to develop independent sun protection skills;
- Support duty of care requirements; and
- Support appropriate Work Health and Safety (WH&S) strategies to minimise UV risk and associated harm for staff and visitors.

Strategies

- Staff, students and families are encouraged to check and display the UV level information daily, via the free SunSmart Global UV app, myUV.com.au or the Bureau of Meteorology website.
- Staff and students use a combination of sun protection measures from the start of September to the end of April, when average peak UV levels in Tasmania reach 3 and above:

1. Clothing

- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts, and rash vests or T-shirts for outdoor swimming.



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- Clothing exposing large amounts of shoulder and upper torso (e.g., singlets, tank tops, and strappy dresses) are not considered suitable.
- Students who do not have appropriate clothing are asked to play in the shade under the covered walkway.

2. Sunscreen

- Students are encouraged to provide their own SPF50+ or SPF50+ broad-spectrum water-resistant sunscreen.
- Students apply their own sunscreen using the product provided or, in the case of sensitivity or allergies, the sunscreen kept in their bag.
- The school supplies SPF50 or SPF 50+, broad-spectrum water-resistant sunscreen for staff and students to use and is in classrooms and the front office. It is to be kept in a cool place, out of the sun and the expiry date is monitored.
- Sunscreen is applied 20 minutes before going outdoors. If outdoors for extended periods, sunscreen is reapplied every 2 hours or more frequently if required due to sweating or swimming.
- Strategies are in place to remind students to apply sunscreen before going outdoors.

3. Hats

- Students are required to wear sun-safe hats that protect the face, neck, and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed, and bucket hats. Baseball caps do not offer enough protection and are not recommended. Baseball caps and visors do not offer enough protection and are not recommended.
- Students who do not have appropriate hats are asked to play in the shade under the walkway outside the 3 /4 classrooms.

4. Shade

- The school community is committed to providing sufficient shade in areas where students gather, such as for eating, outdoor teaching, and popular play areas. The use of these areas is encouraged.
- The availability of shade is considered when planning excursions and all outdoor activities.
- 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.

5. Sunglasses



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- Where practical, students and staff are encouraged to wear close-fitting wrap-around sunglasses that comply with Australian Standards 1067 Sunglasses Category 2 , 3 or 4 to cover as much eye area as possible.

Staff OHS, Role Modelling, and Education

- As part of the WH&S Risk control when UV is 3 and above, staff will role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
- Programs on skin cancer prevention are included in teaching programs for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, meetings, assemblies, and upon enrolment.
- Students understand why sun safety is important and learn how to take effective sun protection actions.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum. Teachers and staff are encouraged to complete Cancer Council's free online learning modules. Cancer Council Tasmania can also provide annual Professional Development for staff.
- Our school nurse also runs Sun Smart training across the school with age-appropriate lessons for all classes K – 6.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community including taking leadership roles in managing sun protection e.g. accessing daily UV levels and sun protection times, hat reminders and management of sunscreen.

Planning

- Ensure SunSmart policy is reflected in the planning of all outdoor events and excursions.
- UV levels peak in the middle of the day when the sun is directly overhead. Where possible, outdoor activities should be scheduled away from times when UV levels are most damaging. When outdoor activities are scheduled at times when the UV Index is forecast to be three or above, maximum use of shade, sun



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protective hats, clothing and sunscreen should be applied to protect children and staff.

- UV radiation exposure is considered as part of a 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.

Responsibilities

Parents

- Ensure children have the correct form of hat for use at school and sunscreen if sensitive to generic products.
- The School Association provide appropriate hats for Kinder students commencing at the start of the school year in February
- Ensure hats and sunblock are named and that students carry them in their school bags.
- Ensure students can apply hats and sunscreen independently where there is no individual learning plan to address this.

Teachers

- Act as role models, reinforce sun-safe messages, and remind students to use a combination of sun protection measures.

Students

- Are expected to wear hats at break times and during time outdoors in the hours specified in the policy and as requested by adults at school.
- Are responsible for ensuring they have their hat with them at school from the start of September to the end of April.

Review

- The school's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.