Casey Fields
Primary School
Chapelton Road, Cranbourne East 3977

Sun Protection Policy

Help for non-English speakers

If you need help to understand the information in this policy please contact Casey Fields Primary School front office for assistance.

PURPOSE

The purpose of this policy is to support sun protection behaviours at Casey Fields Primary School to minimise risk of health problems from sun overexposure, including skin cancer.

This policy provides guidelines to:

- Support staff and students who are encouraged to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August to the end of April)
- Ensure that there are outdoor environments that provide adequate shade for students and staff
- Ensure that students are encouraged and supported to develop independent sun protection skills and help them to be responsible for their own protection
- Support our school's strategy to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm to students and staff.

SCOPE

This policy applies to all school activities on and off site, including camps and excursions. It is applicable to all students and staff.

POLICY

Overexposure 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 damage accumulated during childhood and adolescence is strongly associated with an increase of skin cancer later in life.

UV radiation:

- Cannot be seen or felt
- Can be reflected off surfaces and buildings, asphalt, concrete, water, sand and snow
- Can pass through light clouds
- Varies in intesity across the year (highest from mid August to the end of April in VIctoria)

- 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. Information about the daily local sun protection times is available via the free SunSmart app, sunsmart.com.au or bom.gov.au. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. **At these levels, sun protection is recommended for all skin types.**

Casey Fields Primary School has the following measures in place for all outdoor activities during the daily sun protection times to help reduce the risk of excessive UV sun exposure for staff and students:

Shade

Casey Fields Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- Where students congregate at lunch/recess times
- Popular play areas
- Assembly areas
- Main learning street

The availability of shade will be considered when planning all outdoor activities and students are encouraged to use available areas of shade when outside.

Students are encouraged to use available areas of shade when outdoors during peak sun protection times, particularly if they do not have appropriate hats or outdoor clothing.

When building works or grounds maintenance is conducted at Casey Fields Primary school that may impact on the level of shade available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

Sun Protective uniform/clothing

Casey Fields Primary School's school uniform and dress code includes sun-protective clothing. Casey Fields Primary School recommends that mid-August until the end of April, and whenever UV levels reach 3 and above, students come to school wearing sun protective school uniform and clothing including:

- 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
- Broad brimmed hat
- Rash vests or t-shirts for outdoor swimming activities

Casey Fields primary school's uniform/ dress code applies on and off-site unless otherwise advised. When students are not required to wear school uniform (such as school camps, free dress day), Casey Fields primary school will

ensure steps are taken to encourage students to wear sun-protective clothing whenever UV levels reach 3 and above.

Hats

From mid August until May, no hats means no play. All students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the named time period by parent or student choice.

Staff and students are required to wear hat styles that protect the face, neck and ears when outdoors. For example, broad-brimmed, legionaires or bucket. Baseball or peaked caps and sun visors are not considered a suitable alternative.

Students who are not wearing appropriate clothing or a hat will be asked to play in the shade or in a suitable area protected from the sun. Peak caps and visors are not considered a suitable alternative.

Sunscreen

Casey Fields Primary School encourages all students and staff to apply SPF50 or SPF50+ broad-spectrum, water-resistant sunscreen whenver UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours (or more frequently if sweating or swimming) accoring to manufacturers instructions.

Casey Fields Primary School staff should role model Sunsmart behaviour and are encouraged to remind students to apply sunscreen before going outdoors. Staff and students are encouraged to bring their own sunscreen to apply (independently), to avoid allergic reactions from certain types of sunscreen.

Sunglasses

Where practical, Casey Fields Prmary School encourages staff and students 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 our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Casey Fields Primary School will address sun and UV safety education regularly as part of the curriculum in all year levels.

Staff role-modelling and OHS

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.

Resources can be found at: https://www.sunsmart.com.au/communities/early-childhood-schools/resources-schools-early-childhood/primary-school-resources

UV radiation exposure is considered as part of our school's risk management and assessment for all outdoor events and activities, i.e. UV radiation protection strategies are included in school camp activities, excursions, sports days and interschool sports events.

Families and visitors

Families and visitors participating in and attending outdoor school activities are encouraged to:

- wear a sun-protective hat, covering clothing and, if practical, sunglasses;
- apply SPF50 or SPF50+ broad-spectrum, water-resistant sunscreen; and
- seek shade whenever possible when outdoors.

Engaging students, staff and families

Sun protection behaviour is regularly reinforced and promoted to the whole school community via newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

Families, students and staff are provided with information, ideas and practical strategies to support UV safety at school and at home

FURTHER INFORMATION AND RESOURCES

- Policy and Advisory Library:
  - Sun and UV Protection Policy
  - Heat Health
  - Outdoor Activities and Working Outdoors
  - Risk Management – Schools
  - Shade Sails
  - Student Dress Code
  -
- SunSmart and Cancer Council Victoria.
  - Primary schools free education resources, sample policies and information about the free SunSmart Schools Program.
  - Sunscreen reactions.

- The Healthy Schools Achievement Program's Sun Protection health priority area

- Casey Fields Primary School Policies:
  - Sunsmart

COMMUNICATION

This policy will be communicated to our school community in the following ways :

- Available publicly on our school's website
- Available on Compass
- Made available in hard copy from school administration upon request

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POLICY REVIEW AND APPROVAL

Policy last reviewed	September 2024
Consultation	School Nurse and CFPS Staff
Approved by	Principal
Next scheduled review date	September 2027