

SUN PROTECTION POLICY

PURPOSE

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

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 the end of April in Victoria)
- Ensure that there are outdoor environments that 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 on and off-site, including camps and excursions. It is applicable to all students and staff.

IMPLEMENTATION

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 increased risk of skin cancer later in life.

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 day and 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 or above. Information about the daily local sun protection times is available via the free [SunSmart app](#), or at sunsmart.com.au or bom.gov.au.

Hampton Primary School has the following measures in place for all outdoor activities during the daily sun protection times to help reduce the risk of over-exposure to UV radiation for staff and students.

Shade

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

- Indigenous Garden
- Rotunda
- Alhambra Stage
- Eating Garden

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.

Teachers will also endeavour to organise outdoor activities to be held in shady areas or at times outside of peak sun/UV exposure.

Sun protective uniform/clothing

Hampton Primary School's uniform includes sun-protective clothing, including:

- loose, cool, densely woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts, dresses and skirts

Hampton Primary School's uniform applies on and off-site unless otherwise advised. When students are not required to wear school uniform (such as school camps, free dress day), Hampton Primary School will ensure steps are taken to encourage students to wear sun-protective clothing whenever UV levels reach 3 and above.

Hats

From 1 September to 30 April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. The school's uniform includes a wide-brimmed hat. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Baseball or peaked caps and sun visors are not considered a suitable alternative, as they do not protect the ears, cheeks or neck.

Students who are not wearing appropriate protective clothing or hats will be asked to play on the Alhambra Stage or in the Rotunda

Sunscreen

Hampton Primary School encourages all staff and students to apply SPF30 (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 (or more frequently if sweating or swimming).

- Parents are encouraged to provide SPF 30+ broad spectrum, water resistant sunscreen for their child's use at school, on excursions and at camp. Students will be encouraged to keep this in their schoolbags, and apply it regularly as needed.
- Staff and students who may suffer from skin reactions from certain types of sunscreen are encouraged to contact the school nurses to implement a plan to reduce the risk of a sunscreen reaction at school, such as families sending their child to school with a suitable alternative sunscreen.
- All first aid bags carry sunscreen in them and the first aid room has a large pump sunscreen for the use of staff and students if they forget theirs.

Sunglasses

Where practical, Hampton Primary School encourages students and staff 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. They are supported to understand effects of sun exposure and are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school. Hampton Primary School will address sun protection and UV safety education as part of the Health component of the Victorian Curriculum.

The school will reinforce and promote Sun Smart behaviour to the whole school community through avenues such as the newsletter, Compass alerts, school assemblies, school community events and student enrolment information packs.

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.

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 SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
- seek shade whenever possible when outdoors.

COMMUNICATION

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

- Available publicly on our school’s website (or insert other online parent/carer/student communication method)
- Included in staff handbook/manual
- Included in the Parent Handbook
- Reminders in our school newsletter
- Hard copy available from school administration upon request.

FURTHER INFORMATION & RESOURCES

- The Department’s 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](#).
 - [Secondary schools](#) free education resources and sample policies.
 - [Sunscreen reactions](#).

POLICY REVIEW & APPROVAL

Policy last reviewed	August 2023
Approved by	School Council
Next scheduled review date	Review every 3 - 4 years