



# SunSmart Policy

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## VISION

Holy Family Catholic School Early Learning is a school community that recognises the uniqueness of every person, nurturing faith and wellbeing, and pursuing excellence in education.

## PURPOSE

Holy Family Catholic School Early Learning policy has been developed to ensure all children, staff, parents and visitors attending Early Learning are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

This policy provides guidelines to:

- ensure all children and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for children and staff;
- ensure children 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; and
- support appropriate WHS strategies to minimise UV risk and associated harms for staff and visitors.

## BACKGROUND

The sun's ultraviolet (UV) radiation can't be seen or felt and is most intense during the middle of the day. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

Given children and employees are at school during peak UV times, schools play a major role in providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

## HOW THE POLICY WILL BE IMPLEMENTED

To assist with the implementation of this policy, staff and children are encouraged to access and display the daily local sun protection times on the Bureau of Meteorology website. The sun protection times are a forecast from the Bureau of Meteorology for the time-of-day UV levels are forecast to reach three and above.

### 1. Sun protection times

UV levels vary across Australia and throughout the year, South Australia UV is typically three. There may be times UV levels are three and above outside these periods generally August to end of April. Extra care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times where possible.

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#### Document Control:

Reviewed:	January 2023	Next Review:	2025
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The sun protection measures listed below are used for all outdoor activities **during the daily local sun protection times**.

### **1.1 Seek shade**

- The school council makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where children have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the school council, 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.

### **1.2 Slip on sun protective clothing**

Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming.

### **1.3 Slap on a hat**

All children and staff are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside. Peak caps and visors are not considered a suitable alternative.

### **1.4 Slop on sunscreen**

- The school supplies SPF50+ broad-spectrum, water-resistant sunscreen for staff and student's use.
- Sunscreen is applied in accordance with the manufacturer's directions
- Strategies are in place to remind children to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).
- Sunscreen is stored in a cool place, out of the sun and the expiry date is monitored.

### **1.5 Slide on sunglasses [if practical]**

Where practical children 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.

## **2. WHS**

As part of WHS UV risk controls and role-modelling, educators will:

- wear a sun protective hat, covering clothing and, if practical, sunglasses;
- apply sunscreen; and
- seek shade whenever possible.
- 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.

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**Document Control:**

Reviewed:	January 2023	Next Review:	2025
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**REFERENCES:**

- Quality Area 2 – Children’s health and safety
- Education and Care Services National Regulations (2011) R 114, R 168

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**Document Control:**

Reviewed:	January 2023	Next Review:	2025
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