



# NPS SunSmart Policy



## Nightcliff Primary SUNSMART policy

This policy applies to all school events on and off site.

### Purpose

This SunSmart policy provides guidelines to:

- Ensure all students and staff are well protected from too much **Ultraviolet radiation (UV)** exposure by using a combination of sun protection measures.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors
- Ensure all students and staff are aware of the benefits of having some UV exposure for vitamin D.

### Background

Australia has the highest rate of skin cancer in the world. Skin cancer is the most common cancer among Australians aged between 12 and 24 years. The main way to prevent skin cancer is by reducing exposure to the sun's UV, especially during childhood and adolescence.

Darwin is situated in a UV index high risk or extreme risk zone all year round.

It is also known that too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for health bones and muscles, and for general health.

### Legislation and Standards

- Occupational Health and Safety Act 2004

### Procedures

- A combination of sun protection measures are used for all outdoor activities throughout the year.

### Healthy physical environment

#### 1. Seek shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning outdoor excursions.
- Students are provided with adequate (and UV rated) shade protection whilst participating in or watching out-door events.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats are asked to play under cover only. As per our No Hat No Play policy

### Healthy social environment

#### 2. Sun protective clothing

- Sun protective clothing is included in our school uniform / dress code. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars and longer style dresses.

#### 3. Slap on a hat

- **All** students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps and visors are not considered a suitable alternative. When students are engaged in vigorous sports such as soccer, tennis, netball, athletics, etc, staff should consider students wearing appropriate hats during the activity or requiring students to replacing hats as soon as practical in breaks or between events.

#### 4. Slop on sunscreen

- Students can provide their own SPF 30 or higher broad spectrum, water resistant sunscreen.
- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use.

# NPS SunSmart policy

Sunscreen is applied (by the student only) at least 20 minutes (where possible) before going on outdoor excursions or before playing in UV exposed areas during the lunch break.

- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. teacher reminders).
- Strategies are put in place to ensure students participating in lengthy (more than 2 hours) outdoor events and excursions are reminded each 2 hours to re-apply sunscreen, remain under shade as much as possible, and wear hats suited to the activity if possible.

## 5. Slide on sunglasses [if practical]

- Where practical students and staff 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.

## Learning and skills

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

## Engaging children, educators, staff and families

- Staff and families are provided with information on sun protection through family newsletters, handbooks and the school's website.

## Monitoring and review

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at [sunsmart.com.au](http://sunsmart.com.au).
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

## Relevant documents / links

- The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & Workcover
- Catholic Education Commission of Victoria (CECV) Occupational Health & Safety Guidelines
- Independent Schools Victoria (ISV) Compliance Framework
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools - Government Response
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods
- Australian Institute of Health and Welfare. Young Australians: Their Health and Wellbeing 2011
- Bureau of Meteorology (2008), Commonwealth of Australia website accessed October 2014