



TORQUAY COAST PRIMARY SCHOOL SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Torquay Coast Primary School that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of 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 September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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, including camps and excursions. It is applicable to all students and staff.

POLICY

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

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 year (highest in Victoria from September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

Torquay Coast Primary School **has** the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

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

- where students congregate for lunch
- outdoor lesson areas
- popular play areas
- assembly areas
- sporting grounds

Sun protective uniform/clothing

Torquay Coast Primary School requires that all students in terms 1 and 4, and whenever UV levels reach 3 and above, **must** wear the school uniform approved bucket hats when playing outside, or when involved in outdoor activities.

Sunscreen

Torquay Coast Primary School encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen in terms 1 and 4, and whenever UV levels reach 3 and above. Sunscreen should be provided by families and be able to be applied by students.

Torquay Coast Primary School will inform and notify parents when extra events and activities will be occurring where sunscreen protection is advised. Provision of sunscreen will be at the discretion of parents. There may be occasions when sunscreen is available but can only be provided to students with written permission from parents as students who may suffer from allergic reactions from certain types of sunscreen.

Families should role model SunSmart behaviour and are encouraged to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen when outside from September to the end of April or whenever UV levels reach 3 and above.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour and Vitamin D education across the school community.

FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)

- [SunSmart](#)

EVALUATION

This policy was last updated in 2017 and is scheduled for review on a maximum 3 year cycle.