

Coniston Public School Sun Protection Policy



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

Purpose

This Sun Protection policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students 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 WH&S strategies to minimise UV risk and associated harms for staff and visitors.

Background

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

Given students 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.

Our Sun Protection policy has been developed to ensure that all students, staff, parents and visitors attending Coniston Public School are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

Legislation and Standards

Information regarding Sun safety for NSW Department of Education schools can be found at <https://education.nsw.gov.au/student-wellbeing/health-and-physical-care/sun-safety>

Procedures

- To assist with the implementation of this policy, staff and students are encouraged to access their daily local sun protection times via the [SunSmart widget](#) on the school's website, the free [SunSmart app](#), myUV.com.au or the Bureau of Meteorology website.
- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times, when the UV Index is 3 or above**. 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.

Additional sun protection measures must be adhered to in accordance with the following recommendations for NSW:

Sun protection measures are used whenever UV levels reach 3 and above. In NSW, UV levels are high enough (UV 3 or above) to damage unprotected skin most months of the year. UV levels are particularly high during the summer months, and highest in the middle of the day. UV levels and daily sun protection times are used to plan activities and ensure a correct understanding of local sun protection requirements.

1. Seek shade

- The school makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students 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 community, 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.

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, and shorts and rash vests or t-shirts for outdoor swimming.

3. Slap on a hat

- All students are required to wear the school's broad-brimmed hat to protect their face, neck and ears whenever they are outside. Peak caps and visors are not considered a suitable alternative; students wearing these hat styles are required to play in the shade.

4. Slop on sunscreen

- Students are encouraged to provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- For students who do not provide the above, the school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use.
- Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students 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.

5. Slide on sunglasses [if practical]

- Where practical students 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 sun protection are included in the curriculum for all year levels.
- We teach sun safety across key learning areas in all year levels. The syllabus for students Kindergarten – Year 6 is found at <https://educationstandards.nsw.edu.au/wps/portal/nesa/k-10/learning-areas/pdhpe/pdhpe-k-10-2018>
- Students understand why sun safety is important and learn how to take effective sun protection actions
- Teachers and staff are encouraged to complete Cancer Council's free Generation SunSmart online learning modules.

Engaging children, educators, staff and families

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through a variety of methods, including newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.
- As part of WH&S UV risk controls and role-modelling, staff, families and visitors:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.

Monitoring and review

- The school monitors and reviews the effectiveness of the Sun Protection policy and revises the policy when required (at least once every three years) by completing a policy review and membership renewal with Cancer Council NSW / SunSmart at <https://www.cancer.org.au/cancer-information/causes-and->

[prevention/sun-safety/be-sunsmart/sunsmart-in-schools](#). Coniston Public School's Sun Protection policy updates and requirements will be made available to staff, families and visitors via the school's website.

Next policy review: May 2024

Relevant documents / links

- [Australian Professional Standards for Teachers](#) (APST) – Standard 4.4 and 7.2
- ARPANSA [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
- Safe Work Australia: [Guidance Note – Sun protection for outdoor workers](#) (2016)
- AS 4174:2018 Knitted and woven shade fabrics
- AS/NZS 1067.1:2016, Eye and face protection - Sunglasses and fashion spectacles
- AS/NZS 4399:2017, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification
- Australian Government Therapeutics Goods Administration (TGA) – Australian regulatory guidelines for sunscreens: [4. Labelling and advertising – directions for use of the product](#)
- AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation.6.2.1: General considerations, 6.3.9: Shade and sun protection, Appendix A: Shade and sun protection