



# Quarry Hill Primary School

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## Sun Protection Policy

### PURPOSE

The purpose of this policy is to support sun protection behaviours at Quarry Hill Primary School to minimise the 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 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 applies to all students and staff.

### POLICY

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 [SunSmart widget](#) on the school's website/intranet, the free [SunSmart app](#), or at [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

Quarry Hill Primary School has the following measures 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.

### **Healthy physical environment**

#### **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 students have lunch, 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.
- When building works or grounds maintenance is conducted at Quarry Hill Primary School that may impact the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

### **Healthy social environment**

#### **2. Slip on sun-protective clothing**

- Sun protective clothing is included in our school uniform/dress code and sports uniform. School clothing is made of close-weave fabric and includes shirts with collars and longer sleeves.

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

#### **3. Slap on a hat**

- From mid-August (exact date to be set by the school annually) to 30 April, all students must wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the August to April period, by parent or student choice.
- Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.
- Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or a suitable area protected from the sun.

#### **4. Slop on sunscreen**

- Students must provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied 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, and sunscreen buddies).
- Sunscreen that is supplied by the school is stored below 30 degrees and the expiry date is monitored.
- At Quarry Hill Primary School, if students do not have their own sunscreen, they are welcome to attend the school office to access sunscreen. *Currently, the sunscreen the school is providing is: Cancer Council, Kids Sunscreen SPF50+*
- Staff and students who may suffer from skin reactions from certain types of sunscreen are encouraged to contact Quarry Hill Primary School, 5443 3537, 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.

## 5. Slide on sunglasses

- 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.

## Curriculum

Students at our school are encouraged to make healthy choices. They are supported to understand the effects of sun exposure and are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school

- Programs on sun protection are included in the curriculum for all year levels.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- 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.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and student enrolment/new staff orientation.

## Staff role-modelling and OHS

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote SunSmart 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.

## Community engagement

- Sun protection behaviour is regularly reinforced and promoted to the whole school community through newsletters, the school website, staff and parent meetings, school assemblies, student and teacher activities and student enrolment/new staff orientation.
- Families, students and staff are provided with information, ideas and practical strategies to support UV safety at school and home through the newsletter and noticeboards

## Review

The school council and staff regularly monitor and review the effectiveness of SunSmart policy (at least once every three years) and revise the policy when required.

## Further Information and 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](#).
- The [Healthy Schools Achievement Program](#)’s Sun Protection health priority area

## POLICY REVIEW AND APPROVAL

Policy last reviewed	February 2023
Approved by	School Council
Next scheduled review date	February 2026