



UV Protection Guidelines

Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Aim

To provide policy and guidelines to

- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures during the daily local sun protection times (issued whenever UV levels are 3 and above).
- Ensure all students and staff have some UV exposure for vitamin D.
- 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 to help them be responsible for their own sun protection.
- Support duty of care requirements.
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and visitors.

Implementation

St Michael's has a duty of care to provide a safe environment for students and staff.

As part of the normal Health curriculum programs on sun protection and Vitamin D will be included in all year levels. Staff and students will be encouraged to access the daily sun protection times through the SunSmart widget on the website, the free SunSmart app or at sunsmart.com.au.

The sun protection measures listed below are used for all outdoor activities during the daily local sun protection times (issued whenever UV levels are 3 and above), typically from August to the end of May in ACT.

Shade

- There are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas.
- The availability of shade is considered when planning all outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- In consultation with the school council, shade provision is monitored and additional shade options are considered in plans for future buildings and grounds.
- Adequate shade will be provided by the school at sporting carnivals and outdoor events.

Sun protective clothing

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

- Shorts and rash vests or t-shirts are expected and encouraged for all staff and students for outdoor swimming events.

Hats

- A St Michael's school hat must be worn throughout the year (except for the months of June and July) at recess, lunchtime, for all outdoor activities and before and after school. School approved hats are broad-brimmed or bucket hats.
- Students who do not have a hat will be asked to sit in the shade area (under the tree in the Tuckshop Area or on silver seat at end of C Block). *No Hat – No Play applies.*
- All members of the school community (including staff and parents assisting at outdoor functions) will be strongly encouraged to wear hats with a broad brim.

Sunscreen

- The school supplies SPF30 (or higher) broad- spectrum, water-resistant sunscreen for staff and students' use; at school and at all school-organised outdoor events.
- It is an expectation that sunscreen will also be applied at home before students attend school each day and at all events.
- Students may provide their own sunscreen; by choice or for allergy reasons.
- Sunscreen should be used on the areas of skin that cannot be protected by clothing or hat, particularly the face, ears and neck and the backs of hands and lower arms.
- Teachers are not responsible for sunscreen application.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. verbal reminders, reminder notices), for play, sport or any outdoor activity.
- *Students with naturally very dark skin will not be required to apply sunscreen should their parents choose.*
- *Parents may choose not to use sunscreen on their children.*

Sunglasses

- Children are permitted to wear appropriate protective sunglasses when requested by parents.

School Community Engagement

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, staff and parent communications, school assemblies, student and teacher activities and on student enrolment / new staff orientation.
- As part of WHS UV risk controls and role-modelling, staff, families and visitors are encouraged to protect themselves through compliance with the school guidelines for shade, sunscreen, hat, clothing and sunglasses.

National SunSmart Schools Program St Michael's was awarded Cancer Council SunSmart status in 2010. The school has agreed to submit a copy of this policy to be reviewed by Cancer Council ACT every three (3) years. This policy will be updated, if necessary, to maintain high national SunSmart standards.

Our next 3 year SunSmart Review will be in August 2019

Related Policies/References:

“Most Australians receive the bulk of their Vitamin D supply from exposing their skin to small amounts of ultraviolet radiation in sunlight. Due to low levels of ultraviolet radiation in Canberra during the winter months, Cancer Council ACT does not generally recommend sun protection in June and July. This is to reduce the risk of Vitamin D deficiency in the ACT region.” Sun protection may still be required if spending extended time outdoors during this period, i.e. excursions and carnivals etc. (Source: www.det.act.gov.au/policies)

[Cancer Council ACT- National SunSmart Schools Program](#)

[Catholic Education Office Sun Smart Policy](#)

[Work Health and Safety Act 2011](#)

Approved by: St Michael’s School Leadership Team

Date: 2016

Revision Date: 2019