



CHARLES WESTON SCHOOL

Coombs

Sun Smart Procedure

Review Date: 2022

Procedure Statement

These procedures are considered before participating in all outdoor activities and events on and off site. A combination of sun protection measures will be required when Ultraviolet radiation (UV) levels reach 3 and above. In Canberra, this will be from August to May, peaking in December and January. The time of day when ultraviolet radiation is highest is 10.00 am to 2.00 pm (Eastern Standard Time) or 11.00 am to 3.00 pm (Daylight Saving Time), with 60 percent of the day's radiation occurring within that four hour period.

Rationale

A balance of 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. 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, The Cancer Council ACT does not recommend sun protection in June and July. This is to reduce the risk of Vitamin D deficiency in the ACT region.

Objectives

These SunSmart procedures provide guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- 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 Workplace Health and Safety strategies to minimise UV risk and associated harms for staff and visitors.

Protective Clothing & Shade Provision

- All students are expected to wear sun-smart hats when they are outside in the sun during the period of January-May and August-September. A sun-smart hat is a broad-brimmed hat, bucket hat, or legionnaire's cap.
- Due to the dangers of choking associated with the cords on some hats the school recommends that these cords are removed from the hats unless they have a release function in the hat.
- Students who do not wear a sun-smart hat during play times will be directed to the shaded playground equipment areas, the preschool at break 1 or library at break 2 (except during June and July). This reinforces our procedure of 'no hat – play in the shade'.
- Due to the low levels of ultraviolet radiation in Canberra during the winter months the ACT Cancer Council does not recommend sun protection during June and July. Students will not be redirected to play in the shade during these months.

- All tops worn at school will need to have sleeves. Students will not be permitted to play outside if they are wearing singlets or shirts with cut off sleeves.
- All staff will be encouraged to wear protective clothing when outside in the sun and to act as good role models.
- During school sports carnivals or other outdoor activities that may involve volunteers/visitors, the school will inform the visitors of our sun protection procedures and encourage them to act as good role models by practising sun protection behaviour. This will be done via the newsletter or when advertising the upcoming event.

Sunscreen

- Appropriate SPF 30+ sunscreen is provided by the preschool. Parents are encouraged to supply their own sun cream or apply the sunscreen provided by the preschool before they leave their child at the school.
- Children are supervised by the preschool staff when applying sunscreen at school.

Outdoor Activities

- During extreme hot weather (35+ degrees Celsius), children remain inside.
- The preschool outdoor program is adapted in accordance with the weather (e.g. in summer the outdoor program is earlier in the day and during winter it is later in the day).

Education, Communication & Evaluation

- Parents will be informed of the Sun Protection Procedures when they enrol their child at Charles Weston School Coombs.
- The school will ensure that the information on sun protection procedures will be conveyed to new staff when they commence at the school and to relief teachers at the commencement of employment.
- Where a student consistently refuses to practice sun protection procedures the school will communicate with a parent/carer via a phone call or note home.
- The school will review the Sun Protection Procedures regularly to ensure it complies with any new guidelines that may be published by the ACT Education and Training Directorate or by the ACT Cancer Council.

Related Policies and Legislation

Sun UV Protection for Students (ACT Education Directorate) 2015

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011