



## GILMORE PRIMARY SCHOOL SUN (UV) PROTECTION FOR STUDENTS

### 1. What are these procedures about?

- 1.1. The ACT Education Directorate has a duty of care and responsibility to ensure that adequate sun protection is provided for all students and workers, including pre-service teachers and volunteers. This applies while they are on school premises during school hours or undertaking outdoor school activities when Ultra Violet (UV) levels are 3 and above.

### 2. RATIONALE

- 2.1. This policy aims to protect students, staff and volunteers, as far as reasonably practicable, from the dangers associated with over-exposure to the sun's UV.
- 2.2. Australia has amongst the highest rate of skin cancer in the world. Exposure to UV is a major contributory factor in the development of skin cancer.
- 2.3. UV levels reach 3 and above in Canberra for part or most of each day between August and May which warrants sensible sun protection during this part of the year.
- 2.4. In Canberra annual UV levels peak during the daylight saving/summer period between 11am and 3pm. Gilmore Primary School aims to reduce time outdoors during this period, or otherwise take particular care if outdoors during this peak UV period (i.e. seek shade at all times).
- 2.5. Most Australians receive the bulk of their Vitamin D supply from exposing their skin to small amounts of UV in sunlight most days of the week. Due to low levels (under 3) of UV in Canberra during the winter months, Cancer Council ACT does not generally recommend sun UV protection in June and July.

### 3. PROCEDURES

#### 3.1. Local School Guideline Development

These guidelines have been developed in consultation with the school community and the School Board. Promotion of the guidelines includes:

- informing families of the school's sun UV protection guidelines in the *Gilmore Gazette* at the commencement of each school term and at the end of May and July;
- promoting positive sun UV protection behavior and attitudes via the *Gilmore Gazette*, website, school events and assemblies; and
- reviewing these guidelines at least once every 3 years. A copy is submitted to Cancer Council ACT to maintain national SunSmart status.

#### 3.2. Provision of shade

Our school board makes sure there is a sufficient number of shelters and trees providing shade in the outdoor learning environment. In addition to this:

- our school will maintain and/or increase shade provision in school grounds for future generations;
- the availability of shade is considered when planning excursions and all other outdoor activities/events;
- students are encouraged and directed to use available areas of shade when outside, especially during Term 1 and 4; and
- students who do not wear an appropriate hat or clothing are directed to play in the shade or a suitable area protected from the sun.

### 3.3. Curriculum

Through the school's curriculum, students will be made aware of the healthy balance required between UV exposure, sun UV protection and vitamin D exposure across the year.

### 3.4. Protective Clothing and Hats

Protective clothing and hats form a key component of these guidelines. Specifically:

- all staff and adult volunteers, in providing for their own workplace protection, are also providing a role model for students;
- in Canberra sun protection is required for part or most of each day between August and May. The end of May is 'Hats Off Day' whilst the beginning of August is 'Hats On Again';
- between August and May students, workers and volunteers are required to wear SunSmart hats (e.g. broad-brimmed, deep crown bucket or legionnaire hats) that cover the face, ears and neck;
- students with no hat will be required to play in a well shaded area. This is informally known as 'No Hat Play in the Shade';
- due to low (under 3) daily UV levels experienced in Canberra from June to July, ACT schools will not be required to enforce sun UV protection in this period;
- our *School Uniform and Colour Code Procedures* support the wearing of sun protective clothing. Loose fitting, closely woven cotton fabrics and shirts with a collar and longer sleeves and longer skirts and shorts are recommended; and
- students, staff and volunteers may wear sunglasses all year round.

### 3.5. Wearing of Sunscreen

To support the use of sunscreen:

- students, staff and volunteers are actively encouraged to use a broad spectrum, water resistant SPF30 or higher sunscreen on exposed skin that cannot be protected by clothing;
- families are reminded and encouraged to supply SPF30 or higher, broad spectrum, water resistant sunscreen as part of their child's school equipment;
- families are reminded that sunscreen should be applied at home before leaving to school;
- sunscreen is accessible to all students, staff and volunteers for daily applications throughout the day. Cancer Council branded sunscreen is available in each teaching unit and the front office;
- where practicable students are given daily opportunities and reminders to apply sunscreen 15-20 minutes prior to the lunch break;
- students are encouraged to apply sunscreen themselves;
- staff will exercise judgment as to whether some students, for example, younger children, should be supervised or assisted when applying sunscreen;
- schools will inform parents/carers at the beginning of the school year that there may be occasions when staff will need to apply sunscreen to children. Parents/carers will be requested to inform the school if they do not wish staff to apply sunscreen to their children; and
- if a child is allergic to sunscreen, parents/carers must notify the school about this on the medical form completed at the beginning of each school year. Parents/carers have the option of providing a hypoallergenic sunscreen for their children.

## 4. RELATED DOCUMENTS

The following documents must be read in reference to the information provide in this procedure document:

- [Cancer Council Generation SunSmart Professional Learning online modules](#)
- [National Schools Program](#)
- [Personal Protection Equipment Procedure](#)