



WHITEHORSE PRIMARY SCHOOL

SUN PROTECTION POLICY

PURPOSE

The purpose of this policy is to support sun protection behaviours at Whitehorse Primary School to minimise 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 to be responsible for their own protection

SCOPE

This policy applies to all school activities on and off-site, including camps and excursions. It is applicable 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.

Whitehorse Primary School has the following measures in place 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.

Shade

- Whitehorse Primary School provides sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as: amphitheatre, play equipment, outdoor lesson areas, assembly areas.
- Students are encouraged to use available areas of shade when outdoors during peak sun protection times, particularly if they do not have appropriate hats or outdoor clothing.
- When building works or grounds maintenance is conducted at Whitehorse Primary School that may impact on the level of shade available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

Sun protective uniform/clothing

Whitehorse Primary School recommends that from 1st of September to 30th of April, students come to school wearing sun-protective clothing such as:

- School polos with a collar, with elbow length or long sleeves
- longer style shorts, dresses and skirts
- rash vests or t-shirts for outdoor swimming activities.
- On free-dress days/camps/excursions, students are encouraged to wear sun-protective clothing, and hats

Hats

Whitehorse Primary School recommends that from 1st of September to 30th of April, students come to school wearing sun-protective clothing such as:

- a sun protective hat, for example, our school approved, broad brimmed or legionnaire hat that shades the face, neck and ears for all outdoor activities.
- Baseball or peaked caps and sun visors are **not** considered a suitable alternative, as they do not protect the ears, cheeks or neck.
- Students who are not wearing appropriate protective clothing or hats will be asked to sit outside in the shaded entrance of the gym.

Sunscreen

Whitehorse Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily between September and April. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours (or more frequently if sweating or swimming).

- Students and staff are reminded and encouraged to bring their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen to school.

Sunglasses

Where practical, Whitehorse Primary School encourages students and staff engaged in outdoor activities 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.

IMPLEMENTATION

SUN PROTECTION MEASURES:

For all outdoor activities from September 1st to April 30th.

- Wear sun protective hats and sun protective clothing.
- Wear optional sun protective glasses and seek shade where ever possible.
- Encourage the application of SPF 30+ broad spectrum sunscreen.

For periods outside of these months children are encouraged to keep a hat at school for outdoor activities.

EVALUATION:

Our school will seek accreditation as a Sunsmart school at the Anti-Cancer Council of Victoria at an appropriate time in the future.

REVIEW CYCLE:

This policy was last updated in 2023 and is scheduled for review in 2026.