

SUNSMART GUIDELINES

This procedure relates to the ACT Government Sun (UV) Protection Policy. These guidelines include the school procedures and it applies to all students, teachers, staff and volunteers at Giralang Primary School to protect our community from harmful effects of sun exposure and promote a culture of sun safety.

1. **RATIONALE**

- 1.1 It's important to have a healthy balance of ultraviolet radiation (UV) exposure. Skin damage, including skin cancer, is the result of cumulative exposure to UV from the sun. Overexposure to UV is responsible for up to 95% of skin cancer in Australia, making it almost entirely preventable. Over exposure to UV during childhood and adolescence is associated with an increased risk of skin cancer. This cumulative damage can be reduced whenever sun protection is used.
- 1.2 Given students and staff are at school during times of peak UV radiation, school plays a major role in providing an environment that minimises exposure and encourages long-term sun protective behaviours.
- 1.3 Too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles, and for general health.
- 1.4 Our school recognises that a balance is required to reduce the risk of skin cancer yet maintain adequate vitamin D levels, especially during winter when UV levels are low in Canberra.
- 1.5 Given the Cancer Council recommend active, outdoor play across the day and throughout the year, these procedures should be implemented when the forecast average monthly UV Index in the area is 3 or above (available from <http://www.bom.gov.au/>) or when spending extended periods outdoors. In Canberra this will be every day between 1 August and 31 May.
- 1.6 The sun protection procedures outlined in this document apply to all school activities including on and off-site activities, outdoor learning, sports carnivals, excursions and camps for all students, staff, pre-service teachers and volunteers.

2. **PROCEDURES**

All community members are to adopt a combination of sun protective behaviours as outlined below:

2.1 Scheduling outdoor activities

- Teachers will take into consideration the weather when planning outdoor activities.
- From August to May we anticipate the UV Index levels will reach 3 and above, and will use a combination of sun protection measures.

2.2 **Shade**

- Adequate provisions of shade are available within the school outdoor environment and staff and students are encouraged to use shaded areas when outside from August to May.
- Shade options are provided where possible at carnivals and outdoor events.

2.3 **Hats and Clothing**

- All students and staff are required to wear a broad brimmed hat or a bucket hat with a deep crown for all outdoor activities from August to May.
- Students without a hat from August until the end of May must play in the shade. 'No hat. Play in the shade today.'
- All students are required to wear the school uniform which offers a level of protection on the upper body. Staff are required to dress SunSmart appropriate by covering shoulders.
- For water-based activities, staff and students are required to wear a rash vest or similar top (unless this is not suitable for short periods of time such as a competitive swimming race).

2.4 **Sunscreen**

- Students are encouraged to apply a broad spectrum, water resistant SPF 50+ sunscreen between August and May.
- Students will have access to sunscreen and shade (where possible) when participating in outdoor events.
- Sunscreen is available and accessible to staff and students in each learning area.
- The Work Health Safety Officer will monitor the expiry date of sunscreen and discard when out of date.
- Staff and students with sunscreen allergies are exempt from applying sunscreen but must follow other protective measures as mentioned above.

3. **EDUCATION**

- 3.1 Under the current Work Health and Safety Act 2011, all Directorate staff are required to model sun protective behaviours for students.
- 3.2 Policy support, resources, professional learning and training opportunities can be found through the Cancer Council's National SunSmart Schools Program.
- 3.3 Teachers and staff members are encouraged to complete free SunSmart online PL modules at <https://www.generationSunSmart.com.au/> as part of their Professional Learning.

- 3.4 SunSmart behaviour will be regularly reinforced and promoted to the whole school community via assemblies, the school newsletter, morning lines, our website and SeeSaw.
- 3.5 Families and visitors are responsible for modelling sun protection measures when attending our school including all outdoor school activities.

Policy monitoring and review

- 3.5 These procedures will be made available to staff and the school community via the school's website.
- 3.7 Staff will be kept up to date with new information supplied by the Cancer Council ACT's National SunSmart Schools Program and the ACT Education Directorate.
- 3.8 The school will work to assist students to be responsible for their own sun protection behaviour.

4. OCCUPATIONAL UV EXPOSURE

Under Work Health and Safety legislation, the Education Directorate has a duty of care to protect all staff as much as reasonably practicable from occupational UV exposure. Staff also have a responsibility to protect themselves from over-exposure to UV radiation by adopting a combination of sun protection measures.

CONTACT INFORMATION

School Reception	Ph: 02 – 61422630, info@giralangps.act.edu.au
School Website	https://www.giralangps.act.edu.au/
ACT Education Website	www.education.act.gov.au
Feedback and Complaints	Ph: 6205 5429, www.education.act.gov.au/support-for-our-students/complaints-feedback-and-enquiries

Date completed: 30/04/2025

Approved by the Board: 12/05/2025