



Sun Protection Policy

Objective/Rationale

This policy addresses the need to take reasonable actions to protect students from risks of harm that can be reasonably predicted due to ultraviolet radiation from the sun. The policy suggests strategies to ensure the safety and health of primary school students at Belmont North Public School.

Scheduling Outdoor Activities

- Where possible, we schedule outdoor activities (assemblies, sport, PE etc) outside peak UV times of 10am-2pm (11am – 3pm daylight saving time).
- We consider all sun protection measures mentioned in this policy when planning outdoor activities and excursions.

Shade

- The school community is committed to providing shade (trees, built and portable shade structures) in areas where students gather – such as eating, outdoor and popular play areas.
- We consult with the school community about future plans for shade.
- Students are encouraged to use the shade available when outside.
- The availability of shade is considered when planning all outdoor activities and excursions.

Hats

- Our school uniform includes a school broad-brimmed hat printed with the school emblem available to parents and carers at an affordable price.
- It is a school rule to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps are not acceptable.
- Students who do not have a sun-safe hat are asked to play in the shade or a suitable area protected from the sun.

Clothing

- Sun-safe clothing is part of our school and sports uniforms. This includes shirts with collars or covered necklines, sleeves, longer style culottes and shorts.
- Students are encouraged to wear rash vests or t-shirts for outdoor swimming.

Sunscreen

- Where possible, SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and students.
- We encourage the use of sunscreen.
- Where possible, we apply and/or remind our students to apply sunscreen at least 20minutes before going outdoors.
- Students and teachers are encouraged to reapply sunscreen every 2 hours when outdoors for extended periods.

Role Modelling of Staff

- Staff are asked to role model good sun protection behaviours when outside. This includes:
 - Wearing sun-safe hats, clothing and sunglasses.
 - Applying SPF30+ broad-spectrum water-resistant sunscreen.
 - Where possible, seeking shade.

Curriculum

- Teachers include sun protections principles in teaching programs for all year levels.

Informing the school community

- Sun protection is regularly promoted to the school community through newsletters, noticeboards, online, parent meetings, staff meetings, school assemblies and on student enrolment.
- Families and visitors are encouraged to use a combination of sun protection measures when attending outdoor activities.

Sunglasses

- Staff are encouraged to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian standard AS1067 (Sunglasses: Category 2, 3 or4).

Review

- School parent body and staff will regularly monitor and review the effectiveness of the Sun Protection Policy.
- The school's Sun Protection Policy will be updated every 3 years, as recommended by the Cancer Council NSW.