SUNSMART POLICY

This policy applies to all school events on and off site for RedGum – The Waldorf School of Central Victoria (RedGum or the School)**.**

Purpose

This SunSmart policy provides 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 during the daily local sun protection times (issued
- whenever UV levels are 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 to help them be responsible for their own sun protection.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Background

A balance of ultraviolet radiation (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.

Legislation and Standards

Occupational Health and Safety Act 2004
Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

Procedures

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app or at https://www.sunsmart.com.au/ .
- **The sun protection measures listed below are used for all outdoor activities during the daily local sun protection times (issued whenever UV levels are 3 and above), from 1ST September to the 1ST of May in Victoria.**

Healthy physical environment

1. Seek shade

- The school makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- A shade audit is conducted regularly to determine the current availability and quality of shade.

Healthy social environment

2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose-fitting and made of densely woven fabric. It includes shirts with collars and elbow-length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

3. Slap on a hat

All students are required to wear hats that protect their face, neck and ears (legionnaire or broad-brimmed hat), whenever they are outside, from 1st September to 1st May. Peak caps and visors are not considered a suitable alternative.

4. Slop on sunscreen

- The school supplies basic sunscreen for student use during the day - should your child require a specific brand, please supply it to the Class Teacher accompanied by a Medication Record form.

- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

5. Slide on sunglasses [if practical]

- Where practical students are encouraged 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.

Learning and skills

- Programs on sun protection and vitamin D are included in the curriculum for all year levels.

Engaging children, educators, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website / intranet, staff and parent meetings, school assemblies, student and teacher activities and on student enrolment / new staff orientation.

As part of OHS UV risk controls and role-modelling, staff, families and visitors:

- wear a sun protective hat, covering clothing and, if practical, sunglasses;
- apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen;
- seek shade whenever possible.

Monitoring and review

- The school council and staff regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

Relevant documents / links

- DEAT The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DEAT School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEAT OHSMS Implementation Guide (2009)

- DEAT Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- DEAT Guidelines for School Playgrounds –Playground safety management: Section 3.2.5 (2012)
- DEAT Outdoor activities
- Independent Schools Victoria (ISV) Compliance Framework: Sun Protection / Health & safety
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools –Government Response
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods

Document Control

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Version History

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2.1	20/02/2025	Reformatted. Document control and Version History added.	H Ashwell.
2.2	January 2026	New name and logo	H Ashwell