

	<p>Carlton Gardens Primary School</p> <p><b>SUNSMART POLICY</b></p>	<p><b>Authorisation</b> 2022</p> <p><b>Review</b> 2025</p>
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### **Purpose:**

The purpose of this policy is to encourage behaviours at Carlton Gardens to minimise the risk of skin and eye damage and 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 – end of April)
- 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
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

### **Scope:**

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

### **Policy:**

Excessive exposure 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 radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)
- peaks during school hours.

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available via the free [SunSmart app](#), or at [sunsmart.com.au](https://www.sunsmart.com.au) or [bom.gov.au](https://www.bom.gov.au).

Carlton Gardens has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

### **Shade**

Carlton Gardens will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- Playground
- Seated areas around basketball court

When building works or grounds maintenance is conducted at Carlton Gardens that may impact on the level of shading 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**

In Term 1 and Term 4 all students at Carlton Gardens must wear a sun protective hat that shades the face, neck, ears for all outdoor activities.

It is parent or student choice if they are to wear their hat during term 2 and 3.

Carlton Gardens School uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely woven fabric
- shirts with a collar
- tops with elbow length or long sleeves
- longer style shorts and skirts
- school bucket

### **Sunscreen**

Carlton Gardens encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

At Carlton Gardens students are welcome to attend the office to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged supply their own sunscreen which can be kept at the office or with the student.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

### **Curriculum**

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.

### **Further Information and Resources:**

- the Department's Policy and Advisory Library:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
- [SunSmart](#)

### **Review Cycle and Evaluation**

This policy will be reviewed as part of the school's three year review cycle.