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Education
www.macquarieps.act.edu.au
Email admin@macquarieps.act.edu.au

MACQUARIE PRIMARY SCHOOL

46 Bennelong Crescent MACQUARIE ACT 2614

Phone: 6142 1550

Fax: 6142 1571

ABN: 66 296 876 753



SCHOOL GUIDELINES: **SUN PROTECTION**
PUBLISHED: 2018
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CONTACT: Injury Prevention and Management

RELATED POLICIES: *Excursions - Policy and Mandatory Procedures*
 Health, Physical Education and Sport - Policy and Guidelines
 Outdoor Adventure Activities - Policy and Mandatory Procedures
 First Aids
 Sun (UV) Protection for Students

RATIONALE

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first fifteen years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

This policy is followed from the beginning of August until the end of May when the UV radiation is most intense in Canberra.

'Most Australians receive the bulk of their vitamin D supply from exposing their skin to small amounts of ultraviolet radiation in sunlight. Due to low levels of ultraviolet radiation in Canberra during the winter months, The Cancer Council ACT does not recommend sun protection in June and July. This is to reduce the risk of vitamin D deficiency in the ACT region'.

GUIDELINES

These guidelines aim to outline the information and procedures adopted to protect students at Macquarie Primary School from the dangers of exposure to the sun. The months of **June and July (Term Two) are excluded**. These Guidelines are based on the SUN (UV) Protection for Students Policy found https://www.education.act.gov.au/publications_and_policies/policies

PROCEDURES

School Playground

- The staff and community will monitor the need for shade structures and engage in tree planting to ensure adequate shade in the playground
- Staff will provide some indoor choices for students at lunchtime e.g. library, clubs.

Outdoor Activities

- When students are outside, they must wear broad-brimmed, legionnaire, or surfie style hats with a deep crown and reasonable sized brim, that cover the face, ears and neck (Please note: Baseball caps do not offer enough protection and are therefore not recommended)
- Students will be encouraged to wear shirts with collars and that cover the shoulders and upper arms
- Students who do not have suitable hats or protective clothing will play in designated shade areas 'No hat, play in the shade'
- Students will be encouraged to use the school's designated shade areas during morning and lunch breaks – indoor clubs, library, under covered areas or under trees where adequate shade is provided
- Where practicable, students will be given opportunities to apply sunscreen (brought from home) 20 minutes prior to the lunch break and before participating in outdoor activities
- Staff will minimise the time spent outdoors between 11am and 3pm (Daylight Saving Time) during Term 1 and Term 4
- Macquarie School supports the wearing of sunglasses for all outdoor activities.

Information for Parents/Carers

- Parents will be informed of the sun protection policy through the school newsletter at the beginning of Terms 1 and 4, in the school handbook and on the school website
- Copies of the policy will be available to any member of the school community upon request
- SunSmart hats are available for sale through the uniform shop
- Sunhat cords can become caught and become a strangulation risk. Parents are advised to provide hats with safety cords designed to break under minimal strain or remove cords from hats altogether
- The school encourages parents/carers to support students in applying a daily application of sunscreen before school
- Parents/carers should advise schools of any medical condition which precludes the use of sunscreen lotions
- Students will be required to wear at least a t-shirt or a rash vest (rashie) when attending all day outdoor swimming carnivals
- Parents are encouraged to provide sunscreen in their child's bag for application during the day.

Students will be encouraged to

- Wear a hat for ALL outdoor activities
- Supply 30+ broad spectrum, water resistant sunscreen
- Provide their own sun protection products for outdoor activities
- Discuss SunSmart promotions through class meetings
- Apply sunscreen themselves – staff will exercise judgement as to whether some students require assistance.

Classroom

- Teachers will incorporate SunSmart activities into their educational programs
- Organise for students to eat lunch in shade areas or in the classroom.

Staff will

- Model safe practices by wearing a SunSmart hat for ALL outdoor activities
- Wear protective clothing when participating in ALL outdoor activities
- Implement the **No Hat, Play in the shade** policy

- Expect all students to participate in sporting activities during class time – some spare hats are provided to each class, but students are expected to have their own
- Inform parents when students are repeatedly without a SunSmart hat
- Plan camps and excursions to include indoor or shade activities during the peak UV times in Terms 1 and 4
- Recognise and acknowledge individual students and class groups who are following the policy.

Remember: Hats OFF term two