KARINGAL PRIMARY SCHOOL
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SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Karingal Primary School 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 applies to all students, staff and volunteers.

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 to – the end of April)
- peaks during school hours.
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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 SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

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

Shade

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

- where students congregate for lunch
- outdoor lesson areas
- popular play areas
- assembly areas
- sporting grounds/pools

When building works or grounds maintenance is conducted at Karingal Primary School 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
Karingal Primary School's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely woven fabric
- shirts with a collar and/or high necklines
- tops with elbow-length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

Sun protective clothing is included in our school 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.

In Terms 1 and 4, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities during Terms 2 and 3 by the school, the parent or the student's choice. Baseball or peak caps and visors are **not** considered a suitable alternative.

Children will be required to wear Karingal Primary School broad-brimmed hats (at least 7.5 cm rigid brim) with the school logo. The school will ensure that school uniform broad-brimmed hats are available for purchase.

Students who do not have appropriate hats or outdoor clothing will be restricted to playing in the shade or a suitable area protected from the sun, and will not be permitted to participate in outdoor sporting events.

Sunscreen
Karingal Primary School 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 the manufacturer's instructions.

Karingal Primary School has strategies in place to remind students to apply sunscreen before going outdoors; i.e. reminder notices, sunscreen monitors, sunscreen buddies].

The school will supply SPF 30 or higher broad-spectrum, water-resistant sunscreen for staff and students' use in each building of the school. Students with sunscreen sensitivity or allergies will be required to provide this for their own use.

Staff and students who may suffer from allergic reactions to certain types of sunscreen are encouraged to contact the school office to implement a management plan to reduce the risk of an allergic reaction at school.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher)

broad-spectrum, water-resistant sunscreen when outside.

Sunglasses
Where practical Karingal Primary School encourages students and staff engaged in outdoor activities 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.

Curriculum
Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. Karingal Primary School will address sun and UV safety education as part of the school's Health and Physical Education 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.

Engaging students, 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 at student enrolment/new staff orientation.

Families and staff are provided with information, ideas and practical strategies to support UV safety at school and home. Karingal Primary School may provide families and staff with information through; i.e. newsletters, noticeboards, the school website, and school assemblies.

COMMUNICATION
This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Discussed at parent information nights/sessions
- Reminders in our school newsletter
- Hard copy available from school administration upon request

FURTHER INFORMATION AND RESOURCES
The Department's Policy and Advisory Library:

- Sun and UV Protection Policy
- Duty of care
- SunSmart
- Achievement Program's SunSmart policy

POLICY REVIEW AND APPROVAL

Policy last reviewed	July 2026
Approved by	Principal: Samantha Cooke
Next scheduled review date	July 2030