

DSM Policy

Sun Protection

Deutsche Schule Melbourne Inc, ABN 52 936 931 854



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2. Purpose

The policy provides guidelines to support sun protection behaviours at Deutsche Schule Melbourne (DSM) to minimise the risk arising from exposure to peak Ultraviolet (UV) light periods.

By encouraging the combined use of the five sun protection measures: clothing, hats, sunscreen, shade, and sunglasses (where practical) when UV levels reach three and above, DSM can help to ensure students in our care and staff are well protected.

Too much ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

National Quality Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard

3. Scope

This policy applies to students, families, staff, volunteers and visitors of DSM, including:

- activities and events on and off-site, including interschool sports activities, excursions, camps, and
- school environments where school-related events occur.

4. Policy Statement

DSM aims to promote SunSmart strategies for students, families, staff, volunteers and visitors to minimise the harmful effects of overexposure to the sun's UV radiation as outlined in the current Cancer Council sun protection guidelines and recommendations.

The goals of this Policy are to:

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- Increase student and community awareness about skin cancer and sun protection.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach three and above* and during Terms 1 and 4.
- Work towards a safe school environment that provides shade for students, staff and the school community.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of this policy.

5. Principles

DSM has a duty of care and obligations under the Occupational Health and Safety Act 2004 (Vic) to ensure that all reasonable steps are taken to minimise the risks to staff and student health and safety arising from exposure to UV. DSM aims to ensure:

- All DSM students and staff use a combination of sun protection measures whenever the UV Index reaches three and above* to ensure they are well protected from the sun. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV Index levels peak during the day.
- This policy is considered when planning all outdoor events, e.g. assemblies, excursions, and sporting events. Outdoor activities or events may be held earlier in the morning or later in the afternoon, or indoor venues may be used where required.
- Sun protection measures are followed during Terms 1 and 4 and whenever the UV Index level reaches three and above*.

6. Roles and Responsibilities

The Board is responsible for:

- Reviewing this policy.

The Principal is responsible for:

- Communicate this policy to students, families, staff, volunteers and visitors.
- Providing staff with information and resources to promote sun protection measures.
- Incorporating UV radiation exposure as part of the school's risk management and assessment for all outdoor events and activities on and off-site.

Staff are responsible for:

Role modelling by:

- Wearing sun protective hats, clothing and sunglasses as appropriate when outside.
- Applying SPF 50+ broad-spectrum, water-resistant sunscreen.
- Seeking shade whenever possible.

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Families, Volunteers and Visitors

Families, volunteers, and visitors are encouraged to wear a combination of sun protection measures (sun protective clothing, hats, sunglasses, and sunscreen) when participating in and attending outdoor school activities. They will also be provided with water access, especially during periods of extreme heat. Parents and carers are responsible for sending their children to school with protective clothing, a hat, a water bottle, and sunscreen, as detailed below.

7. Definitions

SunSmart

SunSmart means understanding the dangers of exposure to the sun and taking appropriate measures, including using sunscreen and protective clothing, to reduce long-term damage.

8. Procedures

Shade Protection

- Students are encouraged to congregate in shaded areas of school grounds.
- In consultation with the Board, shade provision will be considered in future buildings and grounds plans.
- The availability of shade is considered when planning excursions and all 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.

Protective Clothing

- We recommend parents send their children to school in sun-protective clothing. Sun protective clothing is made of close-weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- All students must wear clothing that covers their shoulders. Singlets and crop tops are not allowed due to inadequate skin coverage from the sun.

Hats

- Students at DSM can purchase a broad-brimmed hat displaying the DSM logo. Students must wear a broad-brimmed hat outdoors in Terms 1 and 4 and on sunny days. Hats are marked with the student's name. For health reasons, sharing hats is not permitted.
- Students without an appropriate hat should be asked to use shaded or suitable areas protected from the sun.
- Repeated instances of not having an appropriate Hat will result in parents being contacted.

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Sunscreen

- Parents should send their children to school with SPF 50+ (as per SunSmart's recommendation) broad-spectrum sunscreen.
- Water-resistant sunscreen is available for staff and students. Sunscreen should be used at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Staff will remind students to apply sunscreen before going outdoors.

Sunglasses

Sunglasses are optional. If worn, 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.

Water

Students should bring their water bottles to refill and use throughout the day while at school or participating in any school-related activity, such as an excursion or camp. They are encouraged to drink plenty of water throughout the day, especially during days of extreme heat.

Activity Modification

When the temperature reaches 36 degrees Celsius, and the relative humidity level reaches 30 percent, activities will be moved indoors to protect students and staff from extreme heat. This includes snacks, lunch breaks and PE/sports lessons.

When the temperature reaches between 31 and 35 degrees Celsius, and the relative humidity level reaches above 50 percent, strategies such as shortening snack or lunch breaks to reduce the time spent outdoors may be applied as an additional safety measure.

9. School Curriculum

- Sun protection and UV safety education include programs on skin cancer prevention, which are incorporated into the curriculum for all year levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, parent meetings, staff meetings, school assemblies, student and teacher activities and student enrolment.

10. Monitoring and Review

- The school and staff regularly monitor and review the effectiveness of the sun protection policy (at least once every three years) and revise the policy where required.

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11. Relevant Documents / Links

- Victorian Department of Education Sun and UV Protection Policy & Guidance: <https://www2.education.vic.gov.au/pal/sun-protection/policy>
- Occupational Health and Safety Act 2004 (Vic)
Sections 21 and 23: Main Duties of Employers
Section 25: Duties of Employees
- Occupational Health and Safety Regulations 2017 (Vic)
- www.worksafe.vic.gov.au
- *The free SunSmart Global UV app and UV widget are available at <https://www.sunsmart.com.au/resources>
Bureau of Meteorology Weather app: <http://www.bom.gov.au/app/?ref=marketing>
- Further information is available from the Cancer Council website: <https://www.cancer.org.au/preventing-cancer/sun-protection>
- SunSmart recommendations: <https://www.sunsmart.com.au/protect-your-skin>

Revised December 2024

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12. DSM Internal Use

Version and Approval

Status:	Pending
Version / Date:	V2 04.12 2024
Approver:	Board
Owner:	Risk Coordinator and Principal
Next Review:	3 years after the last publishing date
Classification:	Student Health and Safety

Related Policies & Documents

DSM Policy Activities, Camps and Excursions

DSM Policy Arrangements for Ill Students and First Aid