

SUNSMART POLICY



RATIONALE

Too much exposure to ultraviolet (UV) radiation from the sun can lead to a range of immediate and long term health conditions. The nature of schools is such that students and staff will spend a proportion of their time; in formal classes, extra curricular activities and at recess and lunchtimes exposed to the sun.

PURPOSE

The purpose of this policy is to encourage behaviours at Sale College that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of 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 September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

School council approved this policy on [29th November 2018].

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 September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

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

Shade

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

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

When building works or grounds maintenance is conducted at Sale College 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

Sale College'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

Staff and students are encouraged to wear bucket hat styles that protect the face, neck and ears when outdoors. During physical education classes and sporting activities students and staff are encouraged to wear baseball style caps where a bucket hat may be impractical.

Sunscreen

School council approved this policy on [29th November 2018].

Sale College encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September to the end of April, and whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours if necessary.

At Sale College students are welcome to attend the main office or team offices to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the main office and amend their medical information on Cases21.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen when outside from September to the end of April or whenever UV levels reach 3 and above.

Sunscreen will be provided at all venues outside of the school when conducting activities in the outdoors on days with a UV index above 3. This includes but is not limited to sports days, camps and excursions.

Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Sale College will address sun, UV safety and Vitamin D education as part of PDHPE lessons in years 7 and 9.

FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)

REVIEW CYCLE

This policy was last updated on 29th November 2018 and is scheduled for review on February 2019.