

Sun Smart Policy

This policy applies to all school events on and off site.

Rationale

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Objectives

This Sun Smart Policy has been developed to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Encourage the entire college community to use a combination of sun protection measures.
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times.
- Assist students to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's Sun Smart policy.

We use a combination of sun protection measures for all outdoor activities.

1. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- There is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Shade provision is considered in plans for future buildings and grounds.
- 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.

2. Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars, longer style dresses and shorts.

3. Hats

- All students are required to wear a College hat. It is compulsory for Primary students to wear a broad brimmed hat. Secondary students are encouraged to wear a broad brimmed hat. Staff are required to wear a hat while on duty outside.

4. Sunscreen

- The school supplies SPF 30+ broad spectrum, water resistant sunscreen for staff and student's use.
- Strategies are in place to remind students to apply sunscreen before going outdoors.

Staff OHS and Role modelling

As part of OHS UV risk controls and role-modelling:

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF 30+ broad spectrum, water resistant sunscreen
- Seek shade whenever possible

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

Curriculum

- Programs on skin cancer prevention and vitamin D are included in the curriculum.
- Sun Smart behaviour is reinforced and promoted to the whole school community through newsletters, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Review

- The school council and staff regularly monitor and review the effectiveness of the Sun Smart policy (at least once every three years) and revise the policy when required.

Next policy review: October 2020

Relevant Documents / Links

- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & Workcover
- Independent Schools Victoria (ISV) Compliance Framework
- Building Quality Standards Handbook (BQSH): Section 7.5.5 Shade Areas
- Workplace Health and Safety Act 2011
- Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation (2006)
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)