

Rationale

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they are 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer. Sun protection is needed whenever UV levels reach three and above.

In Victoria average UV levels are three and above from mid-August to the end of April. At these levels, sun protection is recommended for all skin types. From May to mid-August in Victoria, average UV levels are below three so sun protection isn't usually needed during these months unless in alpine regions, near highly reflective surfaces such as snow or outside for extended periods.

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

Purpose

This SunSmart policy provides guidelines to:

- Ensure all students and staff are well protected from over-exposure to UV radiation by using a combination of sun protection measures during the daily local sun protection times (issued whenever UV levels are 3 and above).
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Background

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life.

Legislation and Standards

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

Procedures

- To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the free SunSmart app or at [sunsmart.com.au](https://www.sunsmart.com.au).
- The sun protection measures listed below are used for all outdoor activities during Terms One and Four, and are recommended for days with a UV level above 3 in Terms Two and Three

FILENAME	UPDATED	Last Reviewed	PAGE
UV Policy	October 2018 Cancer Council	Feb 2023	1 of 3

Healthy physical environment

1. Seek shade

- The school makes sure there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, tuckshop, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other 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.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- A shade audit is conducted regularly to determine the current availability and quality of shade.

Healthy social environment

2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform 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 and rash vests or t-shirts for outdoor swimming.

3. Slap on a hat

- **All** School students are required to wear hats that protect their face, neck and ears (legionnaire, broad-brimmed or bucket hat), whenever they are outside.

4. Slop on sunscreen

- Students should provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen.
- The school has available SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students' use.
- Sunscreen is applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours, or more frequently if sweating or swimming.
- Strategies are in place to remind students to apply sunscreen before going outdoors.

5. Slide on sunglasses [if practical]

- Where practical 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.

Learning and skills

- Programs on sun protection and vitamin D are included in the curriculum for all year levels.

Engaging children, educators, staff and families

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through the eHarp, parent portal and at school assemblies.
- As part of OHS UV risk controls and role-modelling, staff, families and visitors:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses
 - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen
 - seek shade whenever possible.

FILENAME	UPDATED	Last Reviewed	PAGE
UV Policy	October 2018 Cancer Council	Feb 2023	1 of 3

Monitoring and review

- The school regularly monitors and reviews the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

Relevant documents / links

- DEAT [The Compact: Roles and Responsibilities in Victorian government school education](#): Principle 3 (2012)
- DEAT School Policy & Advisory Guide (SPAG) [Sun & UV protection](#) (2016)
- DEAT [OHSMS Implementation Guide](#) (2009)
- DEAT [Building Quality Standards Handbook](#) (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- DEAT [Guidelines for School Playgrounds](#) –Playground safety management: Section 3.2.5 (2012)
- DEAT [Outdoor activities](#)
- Catholic Education Commission of Victoria (CECV) [Occupational Health & Safety Checklist](#)
- Independent Schools Victoria (ISV) Compliance Framework: [Sun Protection](#) / [Health & safety](#)
- [Victorian Early Years Learning and Development Framework](#) (VEYLDF)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools –Government Response
- Safe Work Australia: [Guidance Note – Sun Protection for outdoor workers](#) (2016)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods

FILENAME	UPDATED	Last Reviewed	PAGE
UV Policy	October 2018 Cancer Council	Feb 2023	1 of 3