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LALOR SECONDARY COLLEGE

SunSmart / UV Policy

2020 - 2022

AIM

Protect staff and students from harm caused by overexposure to ultraviolet (UV) radiation.

Date ratified by School Council: 22nd October 2020
Review date: September 2022

RATIONALE

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin and eye damage and increases the risk of developing skin cancer. Australia has the highest rate of skin cancer in the world. Adolescence and childhood are critical periods during which sun exposure is likely to contribute to skin cancer later in life. It is estimated that more than 75% of all skin cancers could be prevented by practising sun protection in childhood and adolescence. This policy has been developed as part of our commitment to a safe school environment, to reduce the risk to students and staff of exposure to UV radiation from the sun.

OBJECTIVES

The objectives of this sun protection policy are to:

- increase student and whole-school awareness of skin cancer and other damage caused by exposure to UV radiation.
- work towards a safe school environment that provides shade and other sun protective measures for the entire school community.
- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- ensure that families and new staff are informed of the school's sun protection policy.

COMPLIANCE

1. Clothing

Sun protective clothing is included in our school uniform/dress code and sports uniform in the following ways.

- The summer uniform/dress code takes into account the SunSmart guidelines, [see http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx](http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx)
- The summer uniform/dress code includes longer style skirts/shorts/ pants at least to the knee.
- The sport uniform/dress code includes a shirt that covers the shoulders well and a collar that sits close to the neck, above the collarbone.
- Students and staff are encouraged to wear hats that protect their face, neck and ears (i.e. broad brimmed or bucket hats), whenever they are outside. During sports classes, baseball caps are worn where a broad brimmed or bucket hat may be impractical.
- All students are required to wear a hat to participate in physical education/sport classes in Terms 1 and 4 outdoors.

2. Sunscreen

- SPF 50+ broad spectrum, water resistant sunscreen is available for staff and students' use and students are encouraged to bring their own sunscreen to school.
- Staff encourage students to use sunscreen and provide time for students to apply sunscreen before going outside.
- The school community is educated about the correct use of sunscreen and the level of protection it provides.

3. Scheduling

This policy is considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events.

- Where possible, outdoor activities/ events will be scheduled earlier in the morning or later in the afternoon, or indoor venues will be considered.

4. Role modelling

- Staff are encouraged to act as role models by using a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when outside.
- 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.

5. Shade

- The School Council ensures shade is available in the school grounds particularly in areas where students congregate – for example, lunch areas, canteen, outdoor lesson areas.
- The School Council ensures shade provision is considered in plans for future buildings and grounds.
- Processes for the planning of outdoor activities and excursions include the consideration of shade.
- Students are encouraged to use shade when outside particularly if they are not wearing appropriate hats or clothing.

6. Curriculum

- Sun protection and educational programs are incorporated into appropriate areas of the secondary school curriculum.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- Sun protective behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies.

7. Professional development for staff

- Sun protection is included in staff training to enable staff to work safely outdoors and to encourage them to be positive role models.
- Sun protection information is included in staff booklets.
- New staff are given a copy of this policy.

8. Review of policy

- The School Council, staff and SRC regularly monitor and review the effectiveness of the sun protection.
- The policy is reviewed at least every three years or the policy will be revised when required.

IMPLEMENTATION

- Sun Smart promotion activities be outlined in physical education/sport classes at the beginning of Terms 1 and 4 to coincide with high risk periods of the school year.
 - Teachers to be aware of and have access to up to date information on skin cancer prevention measures.
 - Maximise the use of indoor/shaded facilities when planning outdoor lessons during high risk periods/times.
 - Encourage students/staff to take protective measures such as: protective clothing, hats, eyewear and SPF 30+ sunscreen, and provide knowledge about their correct use/application.
 - Encourage staff to model appropriate behaviour to reinforce support of policy.
 - Where possible, encourage the use of school grounds in relation to the availability and use of shaded areas during recess and lunchtime.
 - Educational programs on skin cancer prevention and healthy UV exposure for vitamin D are incorporated into appropriate areas of the school curriculum.
 - Students are encouraged to be involved in initiatives to promote and model appropriate UV exposure measures to the whole school community.
 - Appropriate UV exposure measures are regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies.
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Related Documents.

- School Policy and Advisory Guide – Sun and UV Protection
<http://www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx>
- School Policy and Advisory Guide - Health and Safety Considerations
http://www.education.vic.gov.au/school/principals/spag/management/Pages/consideration_s.aspx
- Occupational Health and Safety Act 2004
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight SunSmart <http://www.sunsmart.com.au/>
- SunSmart UV Alert (issued whenever the UV Index reaches 3 and above)
<http://www.sunsmart.com.au/> or www.bom.gov.au/weather/uv/