



Camperdown College

SunSmart Policy

Purpose

Leadership and staff acknowledge the impact that over-exposure to the sun's ultraviolet (UV) radiation has on health. This policy confirms our commitment to:

- ensure all students and staff are protected from over-exposure to UV radiation
- ensure the outdoor environment 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
- ensuring that families and new staff are informed of the school's sun protection measures
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

As a health promoting school, we will support the sun protection of students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Policy Statement

Background

Too much of the sun's UV can cause sunburn, skin and eye damage, and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. A combination of sun protection measures is needed for all outdoor activities from mid-August to the end of April and whenever UV levels reach 3 and above – the level at which damage to skin and eyes can occur.

Whole school engagement

It is recognised that every member of Camperdown College has an impact on students' health and can contribute to creating an environment that promotes safe UV exposure. All members of our school community including staff, students, families and volunteers will be supported to meet this policy.

Definitions

Sun protection: For the purposes of this policy and for the Healthy Schools Achievement Program, the 'Sun Protection' health priority area focuses on the creation of environments and behaviours that will prevent over-exposure to UV radiation.

UV radiation: Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as solariums. Too much UV radiation can cause skin and eye damage, sunburn, tanning and skin cancer. Some UV exposure is recommended for vitamin D. UV radiation isn't like the sun's light or heat, which we can see and feel. Your senses cannot detect UV radiation, so you won't notice the damage until it has been done.

Procedures and responsibilities

The sun protection measures listed below are used for all outdoor activities during the daily local sun protection times. Staff are encouraged to access the daily local sun protection times at sunsmart.com.au or the free SunSmart app to assist with

References:

the implementation of this policy. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

Leadership and commitment

- Staff, families and students are active participants in the development and implementation of the whole school Sun Protection Policy and are seen as key partners in promoting and supporting safe UV exposure in the school.
- Staff, families and students are provided with information about policy requirements, with opportunities to provide feedback and input.

Healthy physical environment

- There are adequate shaded outdoor areas, particularly in high-use areas e.g. where students can play, learn and eat.
- The availability of shade is considered when planning all outdoor activities.
- Students are encouraged to use available areas of shade when outdoors.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.

Healthy culture

- Diversity and cultural practices are considered when implementing this policy and sun protection practices.
- Sun protective behaviours are regularly reinforced and promoted.
- The dress code for students and staff follows the sun protection guidelines:
 - Loose-fitting clothing that covers as much skin as possible should be worn. Clothing made from cool, densely-woven fabric is recommended.
 - Uniforms should include shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming.
 - When there is not a uniform, tops with elbow-length sleeves, higher necklines (or collars) and knee-length or longer-style shorts and skirts are recommended.
 - All students and staff wear hats that protect their face, neck and ears, whenever they are outside, such as wearing a legionnaire, broad-brimmed or bucket hat. Peak caps and visors are not considered a suitable alternative.
 - Where practical, students and staff 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.
- Students not wearing sun protective clothing and hats must stay in areas protected from the sun.
- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is used by students and staff. If this is not provided by the school, students and staff are encouraged to bring their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen. Additionally:
 - Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
 - Strategies are in place to remind students to apply their own sunscreen before going outdoors.
 - Sunscreen is stored in a cool place, out of the sun and the expiry date is monitored.
- Families and visitors are encouraged to wear clothing, sunscreen and hats that follow sun protection guidelines (e.g. wearing a legionnaire, broad-brimmed or bucket hat when outside).

Student teaching and learning

- Age-appropriate sun protection education is provided about:
 - sun protective behaviours
 - UV radiation

References:

- health risks associated with UV exposure.
- Staff have access to professional development and teaching resources about sun protection education.

Supported staff

- Staff are supported to follow sun protective behaviours.
- As part of OHS UV risk controls and role-modelling, staff:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses
 - apply sunscreen, and
 - seek shade whenever possible.
- Sun protection information is provided to staff, including information about:
 - sun protective behaviours
 - UV radiation
 - health risks associated with UV exposure
 - early detection of skin cancer.
- Sun protection information and policy requirements are included in staff orientation/induction.

Families and community partnerships

- Sun protection information is provided to families, such as information about sun protective behaviours, UV radiation and health risks associated with UV exposure.
- Partnerships are established with relevant organisations and health professionals to support sun protection practices as appropriate.

Relevant legislation and policy documents

- [Occupational Health and Safety Act](#) (2004)
- DET [School Policy and Advisory Guide: Sun and UV Protection](#)
- DET [Guidelines for School Playgrounds – Playground safety management: Section 3.2.5](#) (2012)
- [Victorian Government OHS Planning documents](#)
- Safe Work Australia: [Guidance Note – Sun Protection for Outdoor Workers](#) (2016)
- [SunSmart website](#)

Related school policies:

- Physical Activity and Movement
- Health and Physical Education
- Clothing
- Occupational Health and Safety
- Staff Health and Wellbeing

Monitoring and review

This Sun Protection Policy will be monitored and reviewed by the staff, school council, student representatives and the health and wellbeing team at least once every three years.

This policy was last ratified by School Council in September 2020