

Rationale

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. Melanoma is one of the most commonly diagnosed cancers in Victorians aged 15–29. Yet most skin cancers can be prevented by using sun protection measures at appropriate times of the year. The sun's ultraviolet (UV) radiation is the major cause of skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

Given school hours fall within peak UV periods of the day, this policy guides the school in the adoption of healthy UV practices.

Implementation

The sun protection times are forecast by the Bureau of Meteorology for the time of day UV levels are predicted to reach 3 or higher.

Staff and students are encouraged to access the daily local sun protection times via the [free SunSmart app \(Located on the policy link on the school website\)](#), sunsmart.com.au or bom.gov.au.

The sun protection measures listed in this policy are used for all outdoor activities **during the daily local sun protection times**. This policy is considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events.

Procedures

1. Clothing

- The formal uniform includes:
 - A shirt with at least elbow-length sleeves and a collar that sits close to the neck, above the collarbone.
 - Longer-style skirts and pants.
- 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.
 - Longer-style skirts and pants.
- Students on the oval have passed the demarcation line which requires hats at all times to be worn on the oval.
- Rash vests or t-shirts are required during water sport activities, and while students are waiting to compete in outdoor swimming competitions.

2. Hats

- Students are encouraged to wear bucket that protect their face, neck and ears, whenever they are outside. A sport cap is also provided as an alternative.

3. Sunscreen

- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students to use AND/OR students are reminded and encouraged to bring their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen to school. This is included on the school's booklist each year.
- Staff encourage students to use sunscreen and provide time for students to apply sunscreen before going outdoors.
- The school community is educated about the correct use of sunscreen and the level of protection it provides (apply 20 minutes before going outdoors and reapply every 2 hours, or immediately after physical activity and swimming).

4. Shade

- The school maintains and plans for shade in the school grounds, particularly in areas where students congregate – for example, lunch areas, canteen, and outdoor lesson areas.
- The school ensures shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning all outdoor activities and excursions.



- Students are encouraged to use available areas of shade when outside, particularly if they do not have appropriate hats or outdoor clothing.

5. *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.

6. *Staff role-modelling and OHS*

- As part of OHS UV risk controls and role-modelling, staff:
 - Wear a sun-protective hat, covering clothing and, if practical, sunglasses;
 - Apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
 - Seek shade whenever possible.
- SunSmart information is included in staff handbook/orientation materials.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.

7. *Families and visitors*

- Families and visitors to the school are asked to do the following when outdoors:
 - Wear a sun-protective hat, covering clothing and, if practical, sunglasses;
 - Apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
 - Seek shade whenever possible.
- The school's UV policy is easily accessible to staff, students and parents.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies.

8. *Curriculum*

- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.
- Programs on sun protection are incorporated into appropriate areas of the curriculum.

Monitoring and review

- The school council, staff and SRC monitor and review the effectiveness of the sun protection policy (at least every three years) and revise the policy when required.
- SunSmart policy updates and requirements will be made available to staff, families, students and visitors.

Next policy review due: 31/07/2024

Relevant documents and links

- Achievement Program for secondary schools: [sun protection benchmarks](#)
- Australian Radiation Protection and Nuclear Safety Agency: [Radiation protection standard for occupational exposure to ultraviolet radiation](#) (2006)
- Australian [Professional Standards for Teachers \(APST\)](#) – Standards 4.4 and 7.2
- Safe Work Australia: [Guidance note for the protection of workers from the ultraviolet radiation in sunlight](#) (2008)
- Therapeutic Goods Administration (Aus): [Australian regulatory guidelines for sunscreens – 4. Labelling and advertising – directions for use of the product](#) (2016)
- AS/NZ Standard 4399:2017 Sun protective clothing – Evaluation and classification
- AS/NZ Standard 1067.1:2016 Eye and face protection – Sunglasses and fashion spectacles requirements
- AS/NZ Standard 2604:2012 Sunscreen products – Evaluation and classification
- AS/NZ Standard 4174:2018 Knitted and woven shade fabrics

