



## SUN & UV PROTECTION

### Rationale

- Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Melanoma is the most common cancer in young Australians aged 13-24 years.
- Ultraviolet (UV) radiation cannot be seen or felt, comes directly from the sun and can also be scattered in the air. It is reflected by surfaces such as buildings, concrete, snow, and sand and can pass through light clouds.
- UV radiation varies in intensity across the year and is normally highest during school hours.
- However, **too little exposure** to UV radiation can lead to low vitamin D levels.

### Policy Statement

#### Purpose

- To create a healthy environment.
- To encourage appropriate behaviors' to allow some UV exposure for vitamin D and minimize overexposure to reduce skin and eye damage and skin cancer risk.
- To encourage behavior change through education and role-modeling.
- To protect staff and students from harm caused by overexposure to ultraviolet (UV) radiation.
- To ensure the school complies with DET policy and guidelines and the legislative requirements of *Occupational Health and Safety Act 2004*.

#### Implementation

- The school will adopt SunSmart principles.
- The school will endeavor to ensure students and staff maintain a healthy balance of UV exposure from the sun.
- The school will assist students to be responsible for their own sun protection.
- New families and new staff will be informed we are a Sunsmart school and follow Sunsmart guidelines.
- Safe UV exposure will be encouraged whenever UV Index levels are below 3.
- As part of the dress code, students will be required to wear hats that cover their face, neck and ears when outdoors in fourth and first terms (ie between the months September to April).
- Staff will be required to wear hats whilst on yard duty during this period.
- Students and staff will be encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4 and protect and cover as much of the eye as possible).
- Unless there is a specific health issue and for students with naturally dark pigmented skin, all students will be requested to use SPF 30+ broad spectrum or higher water resistant sun screen.
- Parents are responsible for supplying sunscreen and are requested to show students how to apply sunscreen
- Parents and visitors to the school will be encouraged to use the full range of sun protection measures when attending outdoor activities.
- There will be processes in place to remind students and the community of school policy.
- Please refer also to the school's *Uniform/Dress Code Policy*.



*Respect  
Honesty  
Responsibility  
Co-operation  
Care  
Compassion*

## **Version Control**

**September 2015**

## **Review Cycle**

Three-year review cycle (therefore 2018)  
or if guidelines change (latest DET  
update mid April 2014).

**Ratified 18/11/15**

2018

## **Reference**

[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)