



Help for non-English speakers

If you need help to understand the information in this policy please contact the front administrative office on 9744 0500.

PURPOSE

The purpose of this policy is to support sun protection behaviours at Sunbury Downs to minimise risk of health problems from sun overexposure, including skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August to the end of April in Victoria)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

SCOPE

This policy applies to all school activities on and off-site, including camps and excursions. It is applicable to all students and staff.

POLICY

Overexposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the day and the year (highest from mid-August to the end of April in Victoria)
- peaks during school hours.

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 or above. Information about the daily local sun protection times is available via the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

Sunbury Downs College has the following measures in place for all outdoor activities during the daily sun protection times to help reduce the risk of over-exposure to UV radiation for staff and students.

SHADE

Sunbury Downs College provides sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for lunch
- the canteen
- shade sails that can be utilised for outdoor lesson areas
- sunscreen.

Students are encouraged to use available areas of shade when outdoors during peak sun protection times, particularly if they do not have appropriate hats or outdoor clothing.

When building works or grounds maintenance is conducted at Sunbury Downs College that may impact on the level of shade available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

SUN PROTECTIVE UNIFORM/CLOTHING

Sunbury Downs College's uniform includes sun-protective clothing, including:

- loose, cool, densely woven fabric
- shirts with a collar and/or high necklines
- longer style shorts, dresses and skirts

Sunbury Downs College applies on and off-site unless otherwise advised. When students are not required to wear school uniform (such as school camps, free dress day), Sunbury Downs College will ensure steps are taken to encourage students to wear sun-protective clothing whenever UV levels reach 3 and above.

HATS

As we are a secondary school, we expect students to take responsibility for their sun safety by wearing a hat during outdoor activities and adopting other sun protection measures such as wearing sunscreen or using shade.

In Sport and PE classes students are expected to wear the school's sports uniform. Teachers will remind students about the importance of being SunSmart, including encouraging students to wear hats. As we are a secondary school, we expect students to take responsibility for being SunSmart by wearing a hat during outdoor activities or staying in the shade, if they are not wearing sunscreen.

SUNSCREEN

Sunbury Downs College policy encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to manufacturer's instructions.

Students are welcomed and encouraged to attend the Mini-School Offices or First Aid area to access sunscreen. In addition sunscreen will be available at the PE office for students to access prior to outdoor Sport and PE classes.

Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the First Aid Officer to implement a management plan to reduce the risk of an allergic reaction at school.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broadspectrum, water-resistant sunscreen whenever outside. On days where members of the school community are outside for extended periods of time such as Swimming Sports and Camps/Excursions, when UV levels reach 3 and above, students and staff are provided access to and ongoing reminders about the importance of using and reapplying sunscreen.

SUNGLASSES

Sunbury Downs College students and staff engaged in outdoor activities 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.

CURRICULUM

Students at our school are encouraged to make healthy choices and they are supported to understand effects of sun exposure. Sunbury Downs College addresses sun protection and UV safety education through HPE lessons, especially when activities are conducted outdoors.

STAFF ROLE-MODELLING AND OHS

UV radiation exposure is considered part of our school's risk management and assessment for all outdoor events and activities, i.e. UV radiation protection strategies are included in school camp activities, excursions, sports days and interschool sports events.

FAMILIES AND VISITORS

Families and visitors participating in and attending outdoor school activities are encouraged to:

- 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 when outdoors.

COMMUNITY AND ENGAGEMENT

Sun protection behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

Sunbury Downs College may provide information through communication strategies i.e. newsletters, noticeboards, school website, and school assemblies.

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Hard copy available from school administration upon request.

FURTHER INFORMATION AND RESOURCES

- the Department's Policy and Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Heat Health](#)
 - [Outdoor Activities and Working Outdoors](#)
 - [Risk Management – Schools](#)
 - [Shade Sails](#)
 - [Student Dress Code](#)
- [SunSmart](#) and Cancer Council Victoria.
 - [Primary schools](#) free education resources, sample policies and information about the free [SunSmart Schools Program](#).
 - [Secondary schools](#) free education resources and sample policies.
 - [Sunscreen reactions](#).
- The [Healthy Schools Achievement Program](#)'s Sun Protection health priority area

POLICY REVIEW AND APPROVAL

Policy last reviewed	October 2023
Approved by	School Council 26 October 2023
Next scheduled review date	October 2026