



# St. Arnaud Secondary College

## Sun Smart Policy

### PURPOSE

The Sun Protection/SunSmart policy has been developed to ensure all students, staff, parents, and visitors attending St. Arnaud Secondary College have minimised risk from skin damage caused by harmful ultraviolet (UV) radiation from the sun and ensures protective strategies are instigated. Australia has the highest rate of skin cancer in the world and it is estimated that more than 75% of all skin cancers could be prevented by practising sun protection in childhood and adolescence. Ultraviolet (UV) radiation is responsible for more than 95% of all skin cancers.

**DEFINITIONS : Ultraviolet (UV) Radiation** – a type of energy produced by the sun and man-made sources like tanning beds and welding torches. UV radiation cannot be seen or felt, can be reflected off surfaces such as buildings, asphalt, concrete, water, sand, and snow. Able to pass through light clouds.

### SCOPE

The Sun Protection/SunSmart policy applies to:

- Ensure all students and staff are protected from the harmful over-exposure to UV radiation
- Increase student and community awareness about skin cancer and other damage caused by exposure to UV radiation
- Encourage the entire school community to use a combination of sun protection measures wherever UV index levels reach 3 and above
- Ensures the outdoor environment provides adequate shade for students, staff and the school community.
- Encourages students to develop independent sun protection skills to help them to be responsible for their own sun protection in all school activities
- Ensure that new families and staff are aware of the school's Sun Smart policy
- All School activities that take place on or off school premises follow the schools sun protective strategies.

### POLICY

It is important for all students, staff, and the school community to use sun protection measures whenever UV levels are three or higher. This period is typically from the beginning of August until the end of April in Victoria. Sun safety is a shared responsibility, and the school has the following measures in place to eliminate unwanted risk.

- Clothing
- The sport uniform/dress code includes a shirt that covers the shoulders well and a collar that sits close to the neck, about the collarbone.
- A sun smart hat has been included as part of the school uniform. Students must provide their own. Hats must be navy, green or white (school uniform colours). A sun smart straw hat is

acceptable. The hat may have a brand name on it and an appropriate front logo is permitted. All students must have a SunSmart hat at school during terms 1 and 4.

- All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected.
- Students must wear a sun smart hat during term 1 and term 4 e.g.: A hat that protects their face, neck, and ears (broad brimmed, legionnaire or bucket hat). Peak Caps and visors are not considered as suitable alternative.
- Students that do not have the appropriate hat or sun smart clothing are asked to move in the shade or in a suitable area protected from the sun.
- Staff have a responsibility to model appropriate protection and should wear hats and use sunscreen whilst on duty or participating in outdoor class or sport activities.
- Sunscreen
- SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen is available and encouraged for staff and student use at outdoor events and when UV levels are high. With regular reminders for application.
- Scheduling
- Where possible care will be taken when planning outdoor activities so that students are not out in times of peak level UV levels between 10.00 am. and 2.00pm. (11 am and 3.00pm. daylight saving time)
- Shade-
- The school will provide sufficient options for shelter and trees to provide shade on school grounds.
- Students are encouraged to use available shade when outside.
- Curriculum
- Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the school curriculum.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through student and teacher activities, newsletters, assemblies, staff meetings etc.
- Sunglasses
- Where practical the school encourages students and staff engaged in outdoor activity to wear close-fitting, wraparound sunglasses that meet Australian standards 1067(Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## COMMUNICATION

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

- Provided to staff at induction and included in staff handbook/manual
- Discussed at staff meetings/briefings as required
- Made available publicly on our school website
- Included as annual reference in school newsletter
- Made available in hard copy from school administration upon request

## FURTHER INFORMATION AND RESOURCES

- The Department's Policy and Advisory Library: Sun and UV Protection Policy
- SunSmart Policy Guidelines 2021
- Achievement Program's SunSmart policy
- The Cancer Council (2009). *Secondary School Sun Protection Program*. The Cancer Council Victoria: Carlton

## POLICY REVIEW AND APPROVAL

Policy last reviewed	July 2022
Approved by	Principal
Next scheduled review date [noting that the recommended minimum review cycle for this policy is 3 – 4 years]	2026