



## SUN & UV PROTECTION (*SunSmart*)

Latest DET Update: 27/06/2016

First Developed: June 2014

Reviewed: September 2014, March & November 2015 and February 2016

Updated: July 2016

### 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.
- The daily sun protection times let you know when you do and don't need sun protection each day. They are available via the free SunSmart app on the [SunSmart](#) and [Bureau of Meteorology](#) websites.
- UV radiation is a known workplace hazard for any staff working any part of their day outdoors. OH&S risk controls should consider the school environment including:
  - developing shade
  - modifying highly reflective surfaces
  - higher risk times in Victoria between September and April (inclusive)
  - outdoor programming schedules
  - dress codes

### Purpose

- To create environments and encourage behaviours which reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.
- To ensure Seaholme Primary School complies with DET policy and guidelines and the legislative requirements of *Occupational Health and Safety Act 2004*.

### Definitions

"*SunSmart*" is a jointly funded initiative of the Cancer Council of Victoria and VicHealth and promotes a balance between the benefits and harms of ultra violet (UV) radiation.

### Implementation

- The school will endeavour 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 of the programs.
- Safe UV exposure will be encouraged whenever UV Index levels are below 3.
- The school will adopt SunSmart principles.
- The school's sun protection measures will include:
  - provision of shade
  - suitable clothing including hats (dress code)
  - sunglasses
  - sunscreen
  - role-modelling
  - curriculum
  - community awareness
- 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 (i.e. between the months September to April).
- Staff also will be required to wear hats whilst on yard duty during this period and are encouraged to wear suitable clothing that covers the shoulders e.g. a T-shirt.

- 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 required to use SPF 30+ broad spectrum, which will be provided in each classroom.
- 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 e.g. through the newsletter.
- SunSmart awareness issues are included in the Health and Physical Education learning component of AusVELS. Where possible activities and events related to the Sun Smart curriculum will be timetabled for the beginning of Terms 1 and 4 to coincide with higher risk periods of the school year.
- Please refer also to the school's *Uniform/Dress Code Policy* and the *Swimming Instruction/Water Safety Policy*.

#### **Evaluation**

- This policy will be reviewed as part of the school's three-year review cycle or if guidelines change (latest DET update late June 2016).

This update was ratified by School Council July 2016

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)