

Sun Smart Policy

Purpose

The purpose of this policy is to encourage behaviours at Hallam Senior College that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of 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 September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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, including camps and excursions. It is applicable to all students and staff.

Policy

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

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 year (highest in Victoria from September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

Hallam Senior College has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

Hallam Senior College will provide for sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for lunch or recreational activity – upper and lower courtyard shade sails
- the cafe
- broad eaves abutting buildings
- indoor areas may provide options for students to be out of the sun (The Great Space / Library)

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

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(Continued)

Sun protective uniform/clothing

Hallam Senior College recommends that from September to April, and whenever UV levels reach 3 and above, students and staff wear hat styles that protect the face, neck and ears from sun exposure when outdoors.

Sunscreen

Hallam Senior College encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September to the end of April, and whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours if necessary.

Hallam Senior College has strategies in place to remind students to apply sunscreen before going outdoors. Teachers are required to remind students to apply sunscreen for outdoor classes, recess and lunch breaks.

Teachers supervising sporting activities and events held during September – April will remind students to apply sunscreen.

Sunscreen will be available in sub school offices and staffrooms and on school excursions.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen when outside from September to the end of April or whenever UV levels reach 3 and above.

Review Cycle

Date reviewed	17 September 2018
Review team	D. Caughey, G. Brown, J. Lyall
Date of next review	September 2021
Links / Resources	<ul style="list-style-type: none">• School Policy Advisory Guide:<ul style="list-style-type: none">- Sun and UV Protection Policy- Duty of care• SunSmart