



PURPOSE

The purpose of this policy is to encourage behaviours at Glen Eira College that reflect a healthy UV exposure balance and ensure 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 there are outdoor environments which 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 college'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 students and staff during all on and offsite college activities, including camps and excursions.

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 inclusive, and whenever UV levels reach 3 and above.

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

Shade

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

- where students congregate for lunch
- the canteen
- outdoor recreation areas

When building works or grounds maintenance are conducted at Glen Eira 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. Such reviews shall be documented.



Sun protective uniform/clothing

Glen Eira College's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely-woven fabrics
- shirts with a collar
- tops with elbow length or long sleeves

Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors.

Sunscreen

Glen Eira 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.

Glen Eira College has strategies in place to remind students to apply sunscreen before going outdoors including bulletin notices and reminders in team meetings and prior to outdoor activities.

Sunscreen is available at the General Office, English Language Centre, Sub-school offices and the gymnasium. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact their year level coordinator 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) broad-spectrum, water-resistant sunscreen when outside from September to the end of April or whenever UV levels reach 3 and above.

Curriculum

Our students are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Glen Eira College will address sun, UV safety and Vitamin D education as part of Health, Science and Food Technology curriculum.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour and Vitamin D education across the school community.

Engaging students, staff and families

Glen Eira College will provide families and staff with information through the newsletters, noticeboards, our website and assemblies.

FURTHER INFORMATION AND RESOURCES

School Policy Advisory Guide:

- [Sun and UV Protection Policy](#)
- [Duty of Care](#)