

# Sun Protection Policy



## Help for Non-English Speakers

If you need help to understand the information in this policy, please contact the General Office on 03 9571 7838.

## PURPOSE

The purpose of this policy is to support sun protection behaviours at Glen Eira College 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](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

Glen Eira 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**

Glen Eira 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
- outdoor learning and recreation areas
- assemblies

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.

### **Sun protective uniform/clothing**

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

- loose, cool, closely woven fabrics
- shirts with a collar and high necklines
- tops with elbow length or long sleeves
- longer style shorts, dresses and skirts

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

### **Sun protective uniform/clothing**

Glen Eira College's school uniform

### **Sunscreen**

Glen Eira College encourages all staff and students to apply SPF 30 (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 (or more frequently if sweating or swimming).

Glen Eira College supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students to use. Sunscreen is available at the General Office, Learning Centre, Sub-school offices and the gymnasium. Sunscreen that is supplied by the school is stored below 30 degrees and the expiry date monitored.

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

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.

Staff and students who may suffer from allergic reactions from certain types of sunscreens are encouraged to contact the General Office to implement a management plan to reduce the risk of a sunscreen reaction at school such as families sending their child to school with a suitable alternative sunscreen.

## **CURRICULUM**

Students at our school are encouraged to make healthy choices. They are supported to understand the effects of sun exposure and are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school.

Glen Eira College will address sun protection and UV safety education as part of Health, Science and Food Technology curriculum.

## **STAFF ROLE-MODELLING AND OHS**

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

UV radiation exposure is considered as 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 ENGAGEMENT**

Sun protection behaviour is reinforced and promoted to the whole school community through newsletters, school website and assemblies.

## **COMMUNICATION**

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

- Available publicly on our school's website
- Included in staff handbook
- Reminders in our school newsletter
- Discussed in student forums
- Hard copy available from the General Office 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.
  - [Secondary schools](#) free education resources and sample policies.
  - [Sunscreen reactions](#).
- The [Healthy Schools Achievement Program](#)'s Sun Protection health priority are

#### POLICY REVIEW AND APPROVAL

Policy last reviewed	March 2024
Approved by	School Council
Next scheduled review date	March 2026