



Ringwood Secondary College

Sun and UV Protection Policy

Version No: 4

Date: August 2018

Committee: Policy and Education

Rationale

The purpose of this policy is to encourage behaviours at Ringwood Secondary College that reflect a healthy balance of sun exposure (for health and wellbeing), with harm minimisation practices that reduce the risk of skin cancer from the sun's harmful UV rays.

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

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

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 to 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.

Aims:

To provide guidance to students and staff and encourage adoption of sun protection strategies through:

- supporting staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally September – April) and allowing sun exposure when UV levels are below 3 (generally May – August)
- ensuring that there are outdoor environments that provide adequate shade for students and staff
- ensuring that students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- supporting the College's strategies, responsibilities and commitment to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

Implementation

Clothing

Sun protective clothing is included in the College's uniform/dress code and sports uniform. All students are expected to wear sun protective clothing from the beginning of September until the end of April, and whenever UV levels reach 3 and above.

Hat

Staff and students are encouraged to wear the College floppy hat (available in House colours from PSW, our uniform provider) from September until April, and whenever UV levels reach 3 and above.

Sunglasses

Students and staff are encouraged to have and wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4) and cover as much of the eye area as possible when outdoors.

Sunscreen

The College encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen at least daily 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.

The UV index will be available to all students everyday via their Compass homepage. This information is in place to remind students to apply sunscreen before going outdoors. At school, sunscreen is always available from First Aid or the General Office. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to bring their own sunscreen, suitable to their specific needs.

Staff and families should role model SunSmart behaviour and are encouraged to wear hats and sunglasses and 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.

Physical Education and Sport Education

All students are to be protected from the sun during outdoor physical education and sport activities. On days of extreme temperature /UV ratings, teachers will try to minimise activities in the sun.

Between January and May and from September until the end of Term 4, all students should wear sun protective hats and sunscreen when outdoors.

Outdoor Activities, Camps, and Excursions

This policy is considered when planning all outdoor activities, such as assemblies, camps, excursions and sporting events. Where possible outdoor activities/events will be scheduled earlier in the morning or later in the afternoon or indoor venues will be considered. For all outdoor classes, sport and activities, it is strongly recommended that appropriate sun smart measures are followed as part of OH&S UV risk control. The teacher in charge will assist students to be responsible for their own sun protection by reminding them of sun smart behaviours. Where a student is deemed at risk of unsafe exposure, the teacher in charge may request that the student not participate in that activity.

Adult Role Models

Staff have a responsibility to act as role models by using a combination of sun protection measures. When the UV Index is 3 and above, staff are encouraged to wear sun protective clothing and hats, sunglasses, sunscreen and/or seek shade whenever possible outside.

Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

Shade:

The Facilities Committee of Council monitors provision of adequate shade in the College grounds and will continue to work towards increasing the number of shaded areas, in order to provide adequate sun protected areas, particularly where students congregate.

The Facilities Committee also ensures shade provision is considered in plans for future buildings and grounds.

Students are encouraged to use shade when outside, particularly if they are not wearing appropriate hats or clothing.

Curriculum

Sun protection and educational programs are incorporated into appropriate areas of the secondary school curriculum.

Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.

Sun protective behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings, school assemblies, and on student enrolment.

Further information can be found on the website links below.

<https://www.cancer.org.au>

<http://www.cancervic.org.au/>

This policy will be updated every three years, or earlier as DET requirements change.