

## VVSS SUNSMART POILCY

### RATIONALE

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency. This policy applies to terms 1, 3 and 4 when the UV index levels are on average most harmful.

The SunSmart policy has been developed to:

- Support the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- assist students to be responsible for their own sun protection
- ensure families and new staff are informed of the school's sun protection policy.

### 1. CLOTHING

- VVSS provides a school uniform which provides adequate safe coverage when in the sun. This includes:
  - A shirt with at least elbow-length sleeves and a collar that sits close to the neck, above the collarbone
  - Longer-style skirts, shorts and pants
- Rash vests or t-shirts are required during water sport activities, and while students are waiting to compete in outdoor swimming competitions

### 2. HATS

- Students are recommended to wear broad-brimmed, bucket or legionnaire hats that protect their face, neck and ears, whenever they are outside

### 3. SUNSCREEN

- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students to use AND/OR students are reminded and encouraged to bring their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen to school.
- Staff encourage students to use sunscreen and provide time for students to apply sunscreen before going outdoors
- The school community is educated about the correct use of sunscreen and the level of protection it provides (apply 20 minutes before going outdoors and reapply every 2 hours, or immediately after physical activity and swimming)

### 4. CAMPS AND EXCURSIONS

- The SunSmart policy also applies to all school activities, camps and excursions



## 5. SHADE

- Shade is available in the school grounds, particularly in areas where students congregate – for example, lunch areas, canteen, and outdoor lesson areas
- Shade provision is considered in plans for future buildings and grounds
- The availability of shade is considered when planning all outdoor activities and excursions
- Students are encouraged to use available areas of shade when outside, particularly if they do not have appropriate hats or outdoor clothing

## 6. SUNGLASSES [IF PRACTICAL]

- Where practical and only outdoors, students are encouraged to 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

## 7. STAFF ROLE-MODELLING AND OHS

- As part of WHS UV risk controls and role-modelling, staff 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
- SunSmart information is included in staff handbook/orientation materials
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum

## 8. FAMILIES AND VISITORS

- Families and visitors to the school are asked to do the following when outdoors:
  - 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
- The school's SunSmart policy is easily accessible to staff, students and parents
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies

## 9. CURRICULUM

- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community
- Programs on sun protection are incorporated into appropriate areas of the curriculum

## MONITORING AND REVIEW

- The School Community monitor and review the effectiveness of the sun protection policy (at least every 3 years) and revise the policy when required
- SunSmart policy updates and requirements will be made available to staff, families, students and visitors

## RELEVANT DOCUMENTS AND LINKS

- SunSmart for Secondary Schools, Resources
- Australian Radiation Protection and Nuclear Safety Agency: [Radiation protection standard for occupational exposure to ultraviolet radiation \(2006\)](#)
- Australian [Professional Standards for Teachers \(APST\)](#) – Standards 4.4 and 7.2
- Occupational Health and Safety Act (SA) 2012
- Safe Work Australia: [Guidance note for the protection of workers from the ultraviolet radiation in sunlight \(2008\)](#)
- Therapeutic Goods Administration (Aus): [Australian regulatory guidelines for sunscreens – 4. Labelling and advertising – directions for use of the product \(2016\)](#)
- AS/NZ Standard 4399:2017 Sun protective clothing – Evaluation and classification
- AS/NZ Standard 1067.1:2016 Eye and face protection – Sunglasses and fashion spectacles requirements
- AS/NZ Standard 2604:2012 Sunscreen products – Evaluation and classification
- AS/NZ Standard 4174:2018 Knitted and woven shade fabrics