



## Sunsmart Policy

### Rationale

Mount Clear College is committed to embedding a culture of Sunsmart practices and procedures. Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk.

At Mount Clear College our Sunsmart policy has been developed to ensure that all students and staff attending this school are protected from over-exposure to UV radiation. It is to be implemented throughout the year but with particular emphasis from mid-August to the end of April.

### Aim

The aim of the Sunsmart policy is to provide procedures and curriculum which will enhance the knowledge of the sun's effect on our lives, and the practices that assist in a healthy lifestyle when exposed to the effect of the sun.

### Objectives

This SunSmart Policy has been developed to:

- Ensure all students and staff are protected from over-exposure to UV radiation.
- Encourage the entire school community to use a combination of sun protection measures whenever UV levels reach 3 and above to minimize skin and eye damage and skin cancer risk.
- 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 that families and new staff are informed of the school's SunSmart policy.

Staff are encouraged to access the sun protection times via the widget on the school's website at [www.sunsmart.com.au](http://www.sunsmart.com.au) or via the free SunSmart app to assist with the implementation of this policy. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April. A link on the College website to [www.sunsmart.com.au](http://www.sunsmart.com.au) as a quick reference tool.

### Implementation

At Mount Clear College we use a combination of sun protection measures for all outdoor activities with an emphasis from mid-August to the end of April and/or whenever UV levels reach 3 and above, the level that can damage skin and eyes.

#### 1. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The School Council makes sure there is sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g – lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning outdoor activities
- In consultation with the School Council, shade provision is considered in plans for future buildings and grounds

- Staff and students are encouraged to use available areas of shade when outside
- Staff and students are encouraged to wear hats and sunscreen from mid-August to the end of April during outdoor activity and hats are compulsory for any outdoor planned activity during class time including Physical Education.

### **Clothing**

Sun protective clothing is included in our school uniform/dress code and sports uniform. School clothing is cool, loose fitting and made of light weight fabric. It includes shirts with collars and long sleeve options.

### **2. Hats**

During all planned classroom outdoor activities hats are compulsory from mid-August to the end of April and if the UV level is 3 or above. This applies to staff and students to protect their face, and ears. Students are required to wear a bucket hat, whenever they are outside during planned activities and encouraged during recess and lunchtime. Baseball or peak caps are not considered a suitable alternative.

### **3. Sunglasses (optional)**

Students and staff 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.

### **4. Sunscreen**

- Students must provide their own SPF 30+ (or higher) broad spectrum, water resistant sunscreen.
- Time will be allocated for students to apply sunscreen at least 20mins prior to going outdoors and reapplied every two hours or more frequently if sweating and swimming, when further outdoor activities are going to be taking place.
- Strategies are in place to remind students to apply sunscreen before going outdoors.
- Yard Duty teachers will carry sunscreen that students and staff can have access to and sunscreen will be available for any whole school events that involve outdoor activity such as Athletic and Swimming Carnivals

### **5. Staff OHS and Role Modeling**

As part of OHS UV risk controls and role-modeling when the UV is 3 or above staff;

- Wear sun protective hats, clothing and sunglasses when outside provided by themselves
- Apply SPF 30+ (or higher) Broad-spectrum, water resistance sunscreen
- Seek shade whenever possible

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

### **Promotion**

Regular articles and awareness campaigns will be available for students, staff and the whole school community to access raising the awareness and importance of being sunsmart. These may include:

- Presenters/Key experts in the area
- the SunSmart widget at [www.sunsmart.com.au](http://www.sunsmart.com.au) on the Mount Clear College website
- the use of current technology within the College to promote the sun protection times for the day
- Continuing to educate students on what the UV index ratings mean and the certain measures they need to take to be SunSmart in relation to the UV level

- Continuing to use evidence based research to inform the College community of the importance of being SunSmart

#### Review Cycle and Evaluation

<b>Approved By</b>	Mount Clear College School Council
<b>Approval Date</b>	9 February, 2021
<b>Responsible for review</b>	Assistant Principal responsible for policies
<b>Next Review Date</b>	January 2022
<b>References</b>	DET - School Policy & Advisory Guide – Sun and UV Protection Occupational Health & Safety Act (2004) SunSmart reference material <a href="http://www.sunsmart.com.au">www.sunsmart.com.au</a>