



College council will review this policy every three years or as directed by DET

**Date approved:** November 2019

**Date of next review:** 2022

## PURPOSE

The purpose of this policy is to encourage behaviours at Doncaster Secondary College to minimise the risk of skin and eye damage and 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 – end of April)
- 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, including camps and excursions. It is applicable to all students and staff.

## POLICY

Excessive exposure 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. Australia has the highest incidence of skin cancer in the world, with two out of three Australians developing some form of skin cancer during their lifetime. Over-exposure to the sun during childhood and adolescence is known to be a major cause of skin cancer. Increasing the awareness of all members of the College community to the dangers of ultra violet (UV) radiation and to protective measures which can be taken may ultimately reduce the risk of injury occurring.

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 mid-August – end of April)
- 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 and above (typically from mid-August to the end of April in Victoria). 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)

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

## **Shade**

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

- the canteen
- shade sails in quadrangles
- building eaves

Doncaster Secondary College expects students to take responsibility for being SunSmart by wearing a school hat during outdoor activities or staying in the shade, if they are not wearing sunscreen.

When building works or grounds maintenance is conducted at Doncaster Secondary 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.

Maximum use of indoor and shaded facilities / areas will be made at times of high risk. The Sports and Physical Educational Co-ordinators, in conjunction with the Administration, may decide on days of extreme risk of skin and eye damage to modify outdoor exposure time or to suspend all non-essential outdoor activities.

## **Sun Protective Uniform / Clothing**

When students wear the uniform correctly as is communicated in the College planner, Doncaster Secondary College meets the required standards for sun protective uniforms and clothing. Our uniform options include:

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

The College Uniform code includes a College sports cap which should be worn during outdoor Physical Education and Sport in Terms 1 and 4. Students will be advised to wear protective sunglasses at times of prolonged exposure to the sun during appropriate physical education and sport sessions

Students who are not wearing appropriate protective clothing or a hat may be asked to relocate to a suitable area protected from the sun.

## **Sunscreen**

Doncaster Secondary College encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily, when outdoors. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

At Doncaster Secondary College students are welcome to attend the health centre to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to access their own supply of sunscreen.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

## **Sunglasses**

Doncaster Secondary College encourages students and staff engaged in outdoor activities 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.

## **Curriculum**

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Doncaster Secondary College will address sun and UV safety education as part of the Health and Physical Education curriculum.

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.

## **Engaging students, staff and families**

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school assemblies, student and teacher activities, newsfeeds, TV screens and electronic noticeboards.

Students will receive advice on to minimise risk such as to stay in the shade, wear sunscreen, sunglasses and a cap/hat during recess and lunch breaks.

Suitable hats/clothing and sunscreen will be included on camp/excursion letters or clothing lists.

Students attending sporting carnivals as spectators will be advised to take suitable sun protection measures.

## **FURTHER INFORMATION AND RESOURCES**

- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
  
- [SunSmart](#)