

<b>Tallangatta Secondary College Policy Manual</b>	<b>SUNSMART POLICY</b>	<b>Council Meeting:</b> March 2023
Information: 0260715000  Manager: Assistant Principal	Related Policies:  School Uniform Policy	Reviewed:  Every three years

## RATIONALE:

Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. Melanoma is one of the most commonly diagnosed cancers in Victorians aged 15–29. Yet most skin cancers can be prevented by using sun protection measures at appropriate times of the year.

The sun’s ultraviolet (UV) radiation is the major cause of skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

Given school hours fall within peak UV periods of the day, a comprehensive policy will assist schools to adopt healthy UV practices.

Students must be educated as to the need for suitable sun protection and be protected from over exposure to the sun whilst at school.

## PURPOSE

The purpose of this policy is to encourage behaviours at Tallangatta 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 skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later 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 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). 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.

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

### Shade

Tallangatta Secondary College will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as areas where students congregate – for example, lunch areas and outdoor lesson areas.

School Council ensures 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.

When building works or grounds maintenance is conducted at Tallangatta 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.

### Sun protective uniform/clothing

Tallangatta Secondary College's school uniform and dress code includes sun-protective clothing, including:

- Shirt / dress that covers the shoulders well and a collar.
- Bucket hat with a deep crown and angled brim at least 6 cm.

- rash vests or t-shirts for outdoor swimming activities.  
(Please refer to the uniform policy for more information)

As we are a secondary school, we expect students to take responsibility for being SunSmart by wearing the school bucket hat during outdoor activities, recess and lunch or staying in the shade or in a suitable area protected from the sun.

All staff and students will be required to wear broad brimmed hats that protect their face, neck and ears from August to April and whenever the UV levels measure 3 or above whenever they are outside.

Students who are not wearing appropriate protective clothing or a hat will be asked to move to the shade or to a more suitable area protected from the sun. Peak caps and visors are not considered a suitable alternative.

## Sunscreen

Tallangatta Secondary College encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily from August to 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 or more frequently if sweating or swimming, according to manufacturer's instructions.

Tallangatta Secondary College has strategies in place to remind students to apply sunscreen before going outdoors. For outdoor activities students are reminded to apply the provided sunscreen before commencing the activity. Sunscreen is provided on all outdoor excursions, front office and engagement office.

Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact Sue Turner, the First Aid Officer, to implement a management plan to reduce the risk of an allergic reaction at school.

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

## Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Tallangatta Secondary College does address sun and UV safety education as part of HPE lessons in years 7 to 10 and includes sun protection education for years 11 and 12 in related areas of 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.

## FURTHER INFORMATION AND RESOURCES

- the Department's Policy Advisory Library:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
- [SunSmart](#)