



Sun Protection Procedure (Students)

The purpose of this procedure is to create a college environment that supports sun protection behaviours to minimise the risk of health problems from sun overexposure, including skin cancer.

This procedure is adapted from the Sun Smart sample UV protection policies for schools.

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 the age of 70. Most skin cancers can be prevented by limiting exposure, achieved by using appropriate sun protection measures. The sun's UV radiation is the major cause of skin cancer.

Given school hours span the period of the day during which UV levels are at their peak, this procedure intends to assist our college to adopt healthy UV practices.

Physical protection such as shade, clothing and broad-brimmed hats are the best sun protection measures and are to be implemented in the first instance. Sunscreen is a secondary measure and is only used in combination with physical protection strategies which limit actual exposure.

Time spent exposed to the sun should be limited wherever possible, and particularly during spring and summer where UV emissions are generally at their highest. Therefore, sun protection measures are to be applied in the first and fourth terms of the school year.

Additional measures with the provision of a SunSmart widget are added to our college website for the use of parents, students and staff, to check the current UV levels.

Procedures

Hats

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

When the sun protection procedure is in force, the college will apply a 'no hat-shade play' procedure so students without hats avoid direct sun exposure.

College Uniforms

The summer and winter college uniform / dress codes include:

- 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 at least to the knee.

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St Anne's College acknowledges the Yorta Yorta Nation as the traditional and ongoing custodians of the land on which our education community is situated.

The sport uniform / dress code includes:

- A shirt that covers the shoulders well and a collar that sits close to the neck, above the collarbone.
- Longer-style skirts, shorts and pants (at least to the mid-thigh).

Rash vests or t-shirts are required during water sport activities, and while students are waiting to compete in outdoor swimming competitions.

Shade

The college makes sure there is sufficient shade in the grounds, particularly in areas where students congregate such as lunch areas, outdoor lesson areas and popular play areas. Shade provisions are considered in plans for future buildings and grounds.

The availability of shade is considered when planning all outdoor activities and excursions. Planning for activities such as athletics and swimming carnivals should include the provision of adequate portable shade structures where other shade options are not available, or the relevant location is unknown.

Sunscreen

All students are reminded and encouraged to bring their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen to school. The college will supply SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and in some cases for students to use.

Staff will encourage students to use sunscreen and provide time for students to apply sunscreen before going outdoors.

The college community is educated about the correct use of sunscreen and the level of protection it provides by applying 20 minutes before going outdoors and to be reapplied every two hours, or immediately after physical activity and swimming.

Sunglasses (if practical)

Where practical, students are encouraged to wear close-fitting, wrap-around sunglasses that meet Australian Standards and cover as much of the eye area as possible.

Role-modelling and WHS

Staff are asked to role-model personal sun-protection behaviours by wearing a sun-protective hat, covering clothing and, if practical, sunglasses. Apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen and seek shade whenever possible. Additionally engaging directly with students and families to support sun protection strategies and behaviours.

SunSmart information is to be included in staff handbook / orientation materials. Additional provisions are included in policies found in PolicyConnect, Staff Sun Protection and Outdoor Workers Sun Protection Policies.

Families and visitors are also encouraged to participate in sun protection measures (protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor college activities.

SunSmart behaviour is regularly reinforced and promoted to the whole college community through a variety of channels such as newsletters, staff meetings and assemblies.

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Outdoor activities

Outdoor time should be managed to suit the situation on a given day. Days of higher levels of sunlight are more likely to be associated with higher UV levels and exposure should be more limited. However, sun protection may still be required during days when UV levels are either apparently or measurably lower e.g., carnivals and outdoor excursions held on overcast / cooler days.

Teachers should educate students around the importance of a balanced approach to sun protection so that students are equipped to know when sun protection is necessary and why.

Curriculum

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

Related Documents

[Sun and UV Protection: Procedure | education.vic.gov.au](https://www.education.vic.gov.au/sun-and-uv-protection/procedure)

Cancer Council Sun Smart in schools and early childhood

<https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart/sunsmart-in-schools>

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