

# Dimboola Memorial Secondary College



## SUNSMART POLICY

### PURPOSE

The purpose of this policy is to encourage behaviours at Dimboola Memorial Secondary College that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of 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 September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

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 September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

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

### Shade

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

- where students congregate for lunch
- the canteen
- shaded area in central yard
- SLC Building when extreme temperatures occur

When building works or grounds maintenance is conducted at Dimboola Memorial 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**

Dimboola Memorial Secondary College recommends that from September to April, and whenever UV levels reach 3 and above, students wear sun-protective clothing such as:

- school hat
- 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
- rash vests or t-shirts for outdoor swimming activities.

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

- bucket hat – compulsory in Terms 1 and 4
- 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
- rash vests or t-shirts for outdoor swimming activities.

At recess, lunch times and when walking between classes from September to April, and whenever UV levels reach 3 and above, all students **must** wear a hat when playing outside.

Staff and students must wear the prescribed hat that protects the face, neck and ears when at all times when outdoors.

### **Sunscreen**

Dimboola Memorial Secondary College encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September to the end of 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 if necessary.

Dimboola Memorial Secondary College has strategies in place to remind students to apply sunscreen before going outdoors. Sunscreen is available from the canteen, the First Aid room in the library and in all Physical Education classes.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen when outside from September to the end of April or whenever UV levels reach 3 and above.

## Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Dimboola Memorial Secondary College will address sun, UV safety and Vitamin D education as part of the Health and Physical Education curriculum in Years 7 to 10.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour and Vitamin D education across the school community.

## Engaging students, staff and families

Families and staff are provided with information, ideas and practical strategies to support UV safety and Vitamin D education at school and at home. Dimboola Memorial Secondary College provides families and staff with information through our weekly newsletter and on our DMSC website.

## FURTHER INFORMATION AND RESOURCES

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

## REVIEW CYCLE

**This policy was last updated on December 11<sup>th</sup> 2019 and is scheduled for review in Dec 2022.**