

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Casterton 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.

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 SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

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

Shade

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

- where students congregate before/after school, for recess/lunch
- the canteen
- outdoor lesson areas
- popular play areas
- assembly areas
- sporting grounds/pools

When building works or grounds maintenance is conducted at Casterton 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

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

- 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
- hats

As we are a secondary school, we expect 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.

Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Sunscreen

Casterton Secondary College encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

The school has strategies in place to remind students to apply sunscreen before going outdoors [for example i.e. Daily Bulletin, front lawn electronic sign, Facebook].

At Casterton Secondary College students have access to sunscreen (Front Office, classrooms). Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the front office (5581 1588) 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. Casterton Secondary College addresses sun and UV safety education as part of HPE lessons in years 7 – 12.

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 website, school assemblies, and student and teacher activities and at student enrolment/new staff orientation.

FURTHER INFORMATION AND RESOURCES

- the Department's Policy Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
 - [SunSmart](#)
- [Achievement Program](#)'s SunSmart policy [schools will need to register for the program to gain access to these resources]

REVIEW CYCLE: This policy was last updated on 7 September 2020 and is scheduled for review in 2022.