

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Coburg High School 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 free SunSmart app, or at sunsmart.com.au or bom.gov.au. Coburg High School is committed to finding innovative ways to inform students of the UV rating including use of stairwell projectors, displays in Reception and via emails/ Compass posts.

School council approved this policy Oct 2019.

Coburg High School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students:

Shade

Coburg High School provides sufficient options for shelter and with extensive landscaped gardens and mature trees to providing shade across the school grounds.

When building works or grounds maintenance is conducted at Coburg High School 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.

A supervised indoor space is provided all year for students who do not wish to be outside at lunchtime.

Sun protective uniform/clothing

Coburg High School recommends that from mid-August to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- Broad brimmed hats
- A Coburg High School cap (available in Reception)
- A long-sleeved Polo shirt with collar
- longer style shorts and skirts
- Sunscreen
- rash vests or t-shirts for outdoor swimming activities.

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.

Sunscreen

Coburg High School 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](#).

At Coburg High School students are welcome to attend Reception and other designated locations to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the school medical 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. Coburg High School will address sun and UV safety education as part of Health and Human Development Classes.

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.

School council approved this policy Oct 2019.

Engaging students, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

Families and staff are provided with information, ideas and practical strategies to support UV safety at school and at home. Example School may provide families and staff with information through Compass posts, year level and whole school assembly announcements.

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 Oct 2019 and is scheduled for review on Oct 2022.