



HCS: SunSmart / Sun Protection Policy

This policy applies to all outdoor school activities on and off-site and is considered in the planning of all outdoor events.

Rationale

Too much ultraviolet (UV) radiation exposure can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. As the sun's UV radiation (which cannot be seen or felt) is the major cause of skin cancer, most skin cancers can be prevented by using sun protection measures whenever UV levels are three or higher.

Purpose

Given school hours fall within peak UV periods of the day, this comprehensive evidence-informed policy provides guidelines on effective UV protection strategies.

This SunSmart policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

Legislation and standards

- [Duty of Care](#)
- [Occupational Health and Safety Act 2004](#)
- [Education and Training Reform Act 2006](#): Sch.5 Reg. 1 (1.2)

Implementation

Daily sun protection times are forecast by the Bureau of Meteorology for the time-of-day UV levels are predicted to reach 3 or higher, based on location. At these levels, sun protection is recommended for all skin types. In Queensland, UV levels are typically above 3 every day of the year, therefore an effective sun protection policy is required to be implemented all year round.

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the [SunSmart widget](#) on the school's website/intranet, [free SunSmart Global UV app](#), sunsmart.com.au or bom.gov.au.

The sun protection measures listed in this policy are used for all outdoor activities **during the daily local sun protection times**.

- Outdoor activities should be minimized between 10am-3pm where possible.

Implementation only in Terms 1 and 4 is insufficient to protect against UV exposure risks.





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Procedures

1. Physical environment

Shade: *Seek shade*

- Holy Cross School ensures there is enough shade (natural, built, temporary) available in the school grounds, particularly in high-use areas– for example where students have lunch, canteen, popular play spaces/equipment, assemblies, sports and outdoor lessons
- The availability of shade is considered when planning all outdoor activities and excursions
- Students are encouraged to use available areas of shade when outside
- Holy Cross School ensures shade provision is considered in plans for future buildings and grounds
- A shade assessment is conducted regularly to determine the current availability and quality of shade

2. Social-emotional environment

School uniform/dress code

Holy Cross School's uniform/dress code for students and staff applies to all outdoor events on and off-site including PE and sports lessons, interschool sports activities, excursions, camps and free dress days.

Clothing: *Slip on sun protective clothing*

- Both the school uniform/dress code and sports uniform/dress code include:
 - Cool, loose-fitting, sun protective clothing made of densely woven fabric
 - Shirts with collars and elbow-length sleeves
 - Longer-style dresses, skirts, shorts and pants.
 - Rash vests or t-shirts for outdoor swimming and water sport activities.
- Students without appropriate covering clothing will be asked to use shaded areas or suitable areas protected from the sun

Hats: *Slap on a sun protective hat*

- All staff and students wear broad-brimmed, bucket or legionnaire hats that protect their face, head, neck and ears, whenever they are outside.
- Caps and visors are not considered a suitable alternative.
- Students without an appropriate hat will be asked to use shaded areas or suitable areas protected from the sun

Sunscreen: *Slap on sunscreen*

- Holy Cross School supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students to use or
- Students provide their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen. This is included on the school's booklist each year.





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- Strategies are in place to remind and encourage students to apply sunscreen before going outdoors (e.g., reminder notices, sunscreen monitors, sunscreen buddies) with time for this scheduled into the daily routine.
- The school community is educated about the correct use of sunscreen and the level of protection it provides (apply 20 minutes before going outdoors and reapply every 2 hours, or more frequently if sweating or swimming e.g. towel dry and then re-apply).

3. Governance and leadership

Staff role-modelling and OHS

- As part of OHS UV risk controls and role-modelling, staff:
 - wear a sun-protective hat, covering clothing and, if practical, sunglasses;
 - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
 - seek shade whenever possible.
- SunSmart information is included in staff handbook/orientation materials.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.
- UV radiation exposure is considered as part of the [school's risk management and assessment](#) for all outdoor events and activities on and off-site, e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen) are included in school camp activities, excursions, sports days and interschool sports events.

4. School and community partnerships

Families and visitors

- For their own safety and to reinforce our school's sun protection strategies, families, visitors and volunteers are also asked to:
 - wear a sun-protective hat, covering clothing and, if practical, sunglasses;
 - apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen; and
 - seek shade whenever possible.

5. School curriculum

Learning

- Sun protection and UV safety education is incorporated into the Health and Physical Education curriculum for all year levels including:
- Students are encouraged to be involved in initiatives to promote and model sun protection measures at the school including taking leadership roles in managing sun protection for the whole school community e.g. accessing daily sun protection times, hat reminders and supporting sunscreen application.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, school website/intranet/noticeboard,





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

Monitoring and review

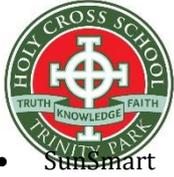
- Holy Cross School leadership, staff monitor and review the effectiveness of our SunSmart policy (at least every three years) and revise the policy when required.
- SunSmart policy updates and requirements will be made available to staff, families, students and visitors.
- The school's SunSmart policy is easily accessible to staff, students and parents via the Holy Cross School Portal and Holy Cross School website and staff and parent handbooks.
- Our school is committed to our SunSmart membership and complete a policy review and membership renewal with SunSmart at <https://www.sunsmart.com.au/advice-for/schools-early-childhood/renew-your-sunsmart-membership>
- As registered SunSmart members, we have submitted a copy of our policy to SunSmart and commit to implementing the sun protection measures as documented.

Please note: Certain health conditions and medications mean some people are more sensitive to UV radiation and need to use sun protection at all times regardless of the UV levels. Please make sure your policy includes the particular needs of these children and staff at your school. For further information visit [Risk factors for skin cancer](#).

Next policy review due: 17/05/2023

Relevant documents / links





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- SunSmart
 - [Sun protection resources and information for primary schools](#)
 - [Sun protection resources and information for secondary schools](#)
 - [Sun protection advice for parents and carers](#)
 - [Sun protection information in different languages](#)
 - [Sun protection information for workplaces](#)
- [Australian Professional Standards for Teachers](#) (AITSL) – Standard 4.4 and 7.2
- Catholic Education Commission of Victoria (CECV) [Your Child's Health Wellbeing and Safety \(Parent Handbook\)](#)
- Australian Radiation Protection and Nuclear Safety Authority [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#) (2006)
- Safe Work Australia: [Guide on exposure to solar ultraviolet radiation \(UVR\)](#) (Mar 2020)
- AS 4174:2018 Knitted and woven shade fabrics
- AS/NZS 1067.1:2016 (Amd 2021), Eye and face protection - Sunglasses and fashion spectacles
- AS 4399:2020, Sun protective clothing - Evaluation and classification
- AS/NZS 2604:2012 Sunscreen products - Evaluation and classification
- AS/NZS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation.6.2.1: General considerations, 6.3.9: Shade and sun protection, Appendix A: Shade and sun protection
- [Healthy Schools Achievement Program](#) – Sun protection
- United Nations. 1989. ["Convention on the Rights of the Child."](#) Treaty Series 1577 (November): 3
- World Health Organization and the United Nations Educational, Scientific and Cultural Organization, Health Promoting Schools – [global standards and indicators](#)

