



SunSmart Policy



Help for non-English speakers

If you need help to understand the information in this policy please contact a member of the Leadership Team.

Purpose

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

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

Shade

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

- where students congregate for lunch
- the canteen
- outdoor lesson areas
- popular play areas

When building works or grounds maintenance is conducted at APC 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

APC'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
- 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.

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

APC 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](#).

APC students are welcome to access sunscreen in the first aid rooms, gym and campus receptions. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact our First Aid 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. APC will address sun and UV safety education as part of Sun protection and skin cancer awareness programs incorporated into the Personal Learning Strand – Leadership Curriculum.

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

Further Information and Resources

- the Department's Policy and Advisory Library:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)
- [Achievement Program](#)'s SunSmart policy



Evaluation

The Principal is responsible for reviewing and updating the SunSmart Policy on a 3-4 year cycle.

Date implemented	2015
Responsibility	Foundation Principal
Endorsed by	School Council
Date reviewed	22 November 2022
Next review date	November 2026
Approval	School council: 22 November 2022
Version control	v.1 (2015) v.2 (2018) v.3 (2022 - current)