

Lowther Hall

ANGLICAN GRAMMAR SCHOOL

All about the girl

SunSmart Policy

Date of last review:	2022
Review cycle:	3 yearly
Review and approval responsibility:	Executive
Category:	Kindergarten to Year 12
VRQA required:	Yes
Locations:	O:Drive, LowtherLink, Website



SUNSMART POLICY

1. DEFINITIONS

Clothing for sun protection:

Clothing that is loose-fitting, made from cool, densely woven fabric and covers as much skin as possible: tops with elbow-length sleeves and, if possible, collars and knee-length or longer-style shorts and skirts. Singlet tops and shoestring tops/dresses do not provide adequate protection in the sun.

Daily local sun protection times:

The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

First Aid Officer:

A staff member who has (at a minimum) current Level 2 First Aid certificate and is designated to be contacted, if needed, in their particular area of the school, or during a camp, an excursion or an event.

Health Centre:

The location within the School where the School Nurse and the majority of the School's medical equipment are situated and in which most first aid and medical care is delivered. The Health Centre supports smaller first aid treatment areas across the School.

Legionnaire Cap:

A head covering designed to protect the neck, ears, temples, face and nose from the sun. In the style of a cap with an extended flap that extends over the neck at the back. Sits snugly to the head so that it does not easily fly off with movement.

School Nurse:

Qualified nurse, employed by the School who has the responsibility of managing the School's Health Centre. They will maintain a current Level 2 First Aid certificate and CPR certificate.

Shade:

An area sheltered from direct and indirect sun, such as a large tree, canopy or artificial cover. As recommended by Cancer Council Victoria, where possible, shade will provide a minimum of 94% protection against UV radiation.

Sunglasses:

Eye coverings meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Sunscreen:

SPF 30+, broad-spectrum, water-resistant lotion that protects from the sun.

SunSmart:

The name of the program conducted by Cancer Council Victoria to promote an awareness of the need to provide sun protection: www.sunsmart.com.au

Sunhat:

A head covering designed to protect the neck, ears, temples, face and nose from the sun.

UV:

The sun's ultraviolet radiation.

Visor:

Headwear open at the top, designed to protect the eyes, front of face and nose from the sun during high intensity activity where a hat is not appropriate.

2. CONTEXT

2.1 School Context

This policy is implemented in recognition that:

- all Lowther Hall students, staff and school visitors are entitled to be safe and well while undertaking school related activities.
- too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer.
- the sun's ultraviolet (UV) radiation can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.
- The School's location is in Melbourne, Australia, which places it in a context with one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.
- UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life and the School therefore has an additional responsibility to reduce sun exposure for students.
- By teaching sensible sun protection habits from an early age and implementing sun protection measures, schools can play a significant role in reducing skin cancer risk.
- Appropriate levels of sun exposure can vary from person to person and that this requires the School to implement this policy in a manner that is adaptive to the needs of different individuals.

In light of this, the School is committed to:

- promoting sun protection strategies for children, families, staff and visitors to minimise the harmful effects of over exposure to UV radiation, while allowing some UV exposure for vitamin D requirements.
- developing a uniform and uniform policy that supports this policy.
- ensuring that curriculum planning will minimise student and teacher exposure to the sun and also promote an awareness of sun protection and sun safe strategies.
- providing information to children, educators, staff, volunteers, parents/guardians and others at the service about the harmful and beneficial effects of exposure to the sun's UV radiation.

2.2 Legislative context and standards

Relevant legislation and standards which inform this policy include but are not limited to:

- Child Safe Standards
- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006

The School recognises that it is a requirement under the Occupational Health and Safety Act 2004 that employers provide a healthy and safe environment for all persons who access Lowther Hall's facilities and/or programs.

3. PURPOSE OF THE POLICY

This SunSmart policy is designed to assist the Lowther Hall community in pursuing sunsmart goals by:

- Identifying responsibility within the school community for sun smart practices
- Setting out the School's expectations and standards in relation to sun smart behaviours
- Clarifying the School's sun smart procedures

4. SCOPE

The SunSmart Policy applies to all students and staff of Lowther Hall Anglican Grammar School. It also applies to parents who are acting as volunteers.

This policy is followed when UV radiation is most intense in Victoria: from mid-August until mid-April.

It applies to all school activities including but not limited to: day to day activities, sports carnivals, excursions and camps.

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

5. RESPONSIBILITIES UNDER THIS POLICY

Different members of the Lowther Hall community have responsibilities associated with this Policy. They are set out in the sections that follow.

5.1 Responsibilities of the School

The School has the responsibility to:

- regularly review and update this policy
- oversee compliance with the policy by students and staff
- provide adequate shade across the school campus
- develop procedures for students and staff in accordance with this policy
- develop a uniform and uniform policy which includes sun protective items
- ensure access to sunscreen for students and staff
- engage directly with students regarding sun protection
- monitor daily local sun protection times
- implement risk mitigation strategies associated with exposure to UV
- communicate expectations with students, staff and families
- consult with the OH&S Committee in relation to this policy and the associated procedures.

5.2 Responsibilities of Staff

- staff members are to model appropriate SunSmart behavior.
- promote student compliance with this Policy.
- proactively seek to protect themselves, colleagues and students from exposure to UV during daily local sun protection times.

5.3 Parent/Caregiver Responsibilities

- provide a Lowther Hall Anglican Grammar School hat for their daughter and ensure that they wear it to and from school;
- ensure their daughter brings her Lowther Hall Anglican Grammar School sunglasses, for outdoor activities;
- ensure that their daughter applies sunscreen each morning between mid-August and mid-April

5.4 Student Responsibilities

- be aware of the School's SunSmart policy and/or follow direction of staff in complying with it;
- take responsibility for their own health and safety by following the policy;
- act as positive role models for other students in all aspects of SunSmart behaviour

6. POLICY STATEMENTS

6.1 Shade

Students and staff are encouraged to seek shade when practical if undertaking outdoor activities.

6.2 Clothing

6.2.1 Students

The School's wardrobe is designed to ensure that students are able to wear:

- fabrics with an ultraviolet protection factor (UPF) rating for sun protection or tightly-woven fabrics
- tops/shirts with collars or high necklines and sleeves of at least three-quarter-length

- pants of at least three-quarter length
- long sleeved rash vests and approved swimming shorts when participating in swimming activities (unless competing in an interschool competition)

6.2.2 The Staff dress code encourages staff to wear:

- fabrics with an ultraviolet protection factor (UPF) rating for sun protection or tightly-woven fabrics
- tops/shirts with collars or high necklines, and sleeves of at least three-quarter-length when working outdoors
- pants or skirts of at least three-quarter length
- rash vests or long sleeved t-shirts for outdoor swimming activities.

6.3 Hats

Students and staff are encouraged to wear hat styles which protect the face, back of the neck, eyes and ears, these include:

- the School's broad-brimmed straw hat
- a legionnaire hat
- a bucket hat.

Baseball or peaked caps and sun visors are able to be worn when participating in activities where other hats are not practical. In these instances, sunscreen must always be worn.

6.4 Sunglasses

If sunglasses are worn, students are encouraged to wear sunglasses which ideally meet the following requirements:

- Australian or New Zealand standard AS or NZS 1067.1:2016 (with lens category 2, 3 or 4, not fashion spectacles)
- sunglass lenses with an Eye Protection Factor (EPF) rating of either 9 or 10 or be labelled UV 400

6.5 Sunscreen

Each area of the School will develop procedures that remind students and staff to:

- apply SPF 30 (or higher) broad spectrum, water-resistant sunscreen to clean, dry skin at least 20 minutes before going outdoors
- re-apply sunscreen every 2 hours when outdoors and after swimming or sweating
- use sunscreen within its expiry date
- store sunscreen below 30°C
- develop strategies that remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies, sunscreen stations near entry and exit points)

Students should not rely on sunscreen as a sole line of defence against UV. It should be used along with other sun protection measures.

Sunscreen is included on the school booklist, as an optional extra, so a student then has their own sunscreen which is suitable for their skin. In the case where a student does not have their own sunscreen, or where it is more practical for it to be applied from a school supply, the School will provide sunscreen for students.

Students should:

- be able to apply their own sunscreen
- be reminded to re-apply sunscreen
- have access to sunscreen for all outdoor activities e.g. include in a first aid kit

6.5.1 Sunscreen reaction or allergy

The risk of allergies and cross infection from sunscreen use is very low. But where a student has experienced a reaction to sunscreen, parents or independent students should be encouraged to consult their doctor and seek a referral to a dermatologist to understand what may have caused a reaction and gain advice on ingredients that should be avoided in the future. Other sun protection measures should be followed when sunscreen can't be used.

6.5.2 Sunscreen provision

The School will make sunscreen available to staff whose work is predominately outdoors on any given day.

6.6 Sun Protection when UV is below 3

When the UV index falls below 3, students and staff should spend some time outdoors in the middle of the day with some skin uncovered. In late autumn and winter when the UV index falls below 3, sun protection is not required unless you are at high altitudes, near highly reflective surfaces like snow, or are outside for extended periods.

7. PROCEDURES

Procedures to ensure compliance with this Policy are developed in each area of the School.

8. COMMUNICATION OF THE POLICY AND PROCEDURES

The School will communicate the Sunsmart Policy to:

- New staff on induction
- All staff every 3 years through an update process
- Students via assemblies and direct instruction by staff
- Parents via the School website.

9. RELATED DOCUMENTS

Enrolment Contract
Enrolment Policy
First Aid Policy
Hazard Identification Report Form
OH&S Policy
Sport Policy
Uniform Policy
Workplace Health and Safety Act 2004