



### **PURPOSE**

The purpose of this policy is to encourage behaviours at Crusoe College that reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of 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 September – April) and allow sun exposure when UV levels are below 3 (generally May – August)
- 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**

A balance of sun exposure is important for health. Excessive exposure to the sun can cause health problems including sunburn, dehydration, damage to skin and eyes, and an increased risk of skin cancer.

Too little UV exposure from the sun can lead to low Vitamin D levels. Vitamin D is essential for healthy muscles and bones, and overall health.

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 September - April)
- peaks during school hours

A combination of sun protection measures should be put in place from September to the end of April, and whenever UV levels reach 3 and above.

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

### **Shade**

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

- where students congregate for lunch
- the canteen
- in the supervised yard duty areas

When building works or grounds maintenance is conducted at Crusoe 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**

Crusoe 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
- a legionnaire hat or cap

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. Please note, it is not compulsory for secondary students to wear a hat outside.

On "Out of Uniform Days" students are encouraged to wear sensible, sun smart clothing.

### **Sunscreen**

Crusoe College encourages all staff and students to apply SPF 30+ (or higher) broad-spectrum, water-resistant sunscreen daily at a minimum from September to the end of April, and whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours if necessary.

Crusoe College has the following strategies in place to remind students to apply sunscreen before going outdoors:

- Reminder notices in Learning Communities
- Sunscreen pump packs available for student use at each end of the Learning Community
- Sunscreen pump packs available for student use in each Physical Education class
- Official Sun Smart posters posted around the college

At Crusoe College students are welcome to attend the General Office to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact Andrea Scott (school nurse) 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 from September to the end of April or whenever UV levels reach 3 and above. Students are encouraged to apply sunscreen before attending school for the day, and families may choose to send a bottle of sunscreen to school with their child for their own personal use and application throughout the day.

### **Curriculum**

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Crusoe College will address sun, UV safety and Vitamin D education as part of the Health & Physical Education curriculum program and through the college's Advisory program.

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour and Vitamin D education across the school community.

### **FURTHER INFORMATION AND RESOURCES**

School Policy Advisory Guide:

[Sun and UV Protection Policy](#)

[Duty of care](#)

[SunSmart](#)

[Achievement Program's SunSmart policy](#)

### **REVIEW CYCLE**

This policy was last updated on **18/02/2019** and is scheduled for review on **February, 2020**.