

## SUN & UV PROTECTION POLICY



### Help for non-English speakers

If you need help to understand the information in this policy please contact [insert school contact details].

### PURPOSE

The purpose of this policy is to encourage behaviours at Bendigo South East College 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](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

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

## Shade

Bendigo South East College 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 areas
- assembly areas
- sporting grounds/pools.

When building works or grounds maintenance is conducted at Bendigo South East 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

Bendigo South East 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

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.

Students are required to wear the BSE school bucket hat that protects the face, neck and ears when outdoors. Students who are not wearing appropriate protective clothing or a hat may be asked to stay in the shade or in a suitable area protected from the sun.

## Sunscreen

Bendigo South East College 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](#).

Bendigo South East College has strategies in place to remind students to apply sunscreen before going outdoors (i.e. reminder notices, newsletters and teachers encouraging students).

At Bendigo South East College students are welcome to attend student services, the Community Hub and PE department to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact Student Services 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.

## Sunglasses

Where practical Bendigo South East College encourages students and staff engaged in outdoor activities to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Bendigo South East College will address sun and UV safety education as part of HPE lessons.

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.

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. Bendigo South East College may provide families and staff with information through newsletters, noticeboards, school website, school assemblies.

## COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Included in staff induction processes
- Included in staff handbook/manual
- Included in transition and enrolment packs
- Discussed at parent information nights/sessions
- Reminders in our school newsletter
- Discussed in student forums
- Hard copy available from school administration upon request

## 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 [schools will need to register for the program to gain access to these resources]

## POLICY REVIEW AND APPROVAL

Policy last reviewed	May 2022
Approved by	School Council
Next scheduled review date	May 2026