



UV Radiation Protection POLICY and PROCEDURES

Rationale

Australia has one of the highest rates of skin cancer in the world.

This ultraviolet (UV) Radiation Protection Policy has been developed to ensure that all students and staff attending Cobden Technical School are protected from over-exposure to the harmful UV from the sun. This policy documents our sun protection practices in the areas of behaviour, curriculum and environment. These practices will be applied to all school activities including sports carnivals, excursions and camps.

Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. More than two in three Australians will develop some form of skin cancer during their lifetime. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer later in life.

Sun protection times are a forecast from the Bureau of Meteorology for the time of day when UV levels are forecast to reach 3 and above. Sun protection is needed whenever UV levels reach three and above. In Victoria UV levels are typically three and above from mid-August to the end of April. Sun protection is recommended for all skin types whenever the UV is 3 or above.

Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth. From May to August in Victoria, average UV levels are below three so sun protection isn't usually needed during these months unless in alpine regions or near highly reflective surfaces such as snow or water.

OBJECTIVES

The Goals for our UV Protection Policy are to:

- Increase student and community awareness of skin cancer and other damage caused by over-exposure to UV radiation.
- Increase student and whole-school awareness of safe sun exposure for vitamin D.
- Assist students to develop strategies which encourage responsible decision and life-time sun protection behaviours.
- Work towards a safe school environment which provides shade and other sun protective measures for the entire school community at appropriate times.
- Encourage students, parents, teachers and staff to wear protective clothing, sunglasses hats and sunscreen and seek shade during sun protection times (i.e. whenever UV Index levels reach 3 and above) such as lunch times, sports, excursions and camps.
- Ensure that parents, students and new staff are informed of the school's UV Radiation Protection Policy.

IMPLEMENTATION

From mid-August to April in Victoria – and whenever the UV Index levels reach 3 and above.

Behaviour

- All students and staff are to wear sun protective hats that shade the face, neck and ears during recess, lunchtime and during sporting and other outdoor activities (including excursions, camps and field trips); wear sunglasses (that meet Australian Standards 1067) to protect eyes; wear cool, loose fitting clothing with elbow-length sleeves and collars, and longer style shorts, skirts, dresses and pants that are made from a closely woven fibre; and apply SPF50+ broad-spectrum water-resistant sunscreen at least 20 minutes before all outdoor activities and reapply every two hours or more frequently if sweating or swimming.
- Staff to encourage students to use sunscreen and provide time for students to apply sunscreen before going outside.
- The school community is educated about the correct use of sunscreen and the level of protection it provides.

School Organisation

School Uniform:

- The summer uniform/dress code includes a shirt with at least elbow length sleeves and a collar that is close to the neck, above the collarbone. It also includes a wide brimmed or bucket hat that protects the face, neck and ears.

Assemblies:

- Outdoor assemblies to be held early morning or in shade where possible.

Physical Education and Sports Education:

- All students are to be protected from the sun during outdoor physical education and sports classes.
- The sports uniform/ dress code includes a shirt that covers the shoulders well and a collar that sits close to the neck, above the collarbone.
- Maximise the use of indoor and shade facilities. Consider scheduling lessons outside the high risk UV times 11am – 3pm (during daylight savings time).
- During sports classes, baseball caps are worn where a broad brimmed hat or bucket hat may be impractical

Camps and Excursions

- Suitable hats, clothing and sunscreen are required for all camps and excursions.
- These items should be listed on the parent permission form and/or information sheets.

Adult Role Models

- Appropriate behaviour should be modelled by teachers and parents to reinforce the policy.

Occupational Health and Safety

- Consideration should be given to sun protection for all teachers involved in outdoor activities including yard duty. Physical Education and Sports Education teachers should be encouraged to take appropriate sun protection measures as they are at higher risk from UV radiation.

Curriculum

- Incorporate sun protection and skin cancer prevention programs into the appropriate Key Learning Areas of the school curriculum.
- Encourage students to be actively involved in initiatives to protect the school community from over-exposure to the sun.
- Promote sun protection throughout the year via the school newsletter, assemblies, daily messages, parent and staff meetings and whole school activities.

- Ensure that staff have access to professional development and teaching resources about sun protection education.

Environment

- Ensure there is adequate provision of shade within the school grounds for students and staff.
- Consider temporary shade structures as a short term measure.
- Plan and budget for shade for high risk areas such as canteens and assembly points.
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From May to August in Victoria- when UV levels Index levels are generally below 3

- To help maintain winter vitamin D levels, sun protection measures are not used from May until August unless the UV Index levels reach 3 and above.
- Sun protection measures are only required when in alpine regions or near highly reflective surfaces such as snow or water.

This policy will be monitored by the Engagement and Wellbeing Sub-committee who will ensure:

- All new staff have been briefed on the UV Policy. This policy is included in the Staff Manual.
- The UV Policy is included as an agenda item for the first staff meeting Terms 1 and 3 each year.
- The UV Policy is presented as part of the typical policy review cycle.
- The UV Policy is made accessible to students and families.
- SunSmart practices are promoted regularly from mid-August through to May.
- The Cancer Council of Victoria resources are consulted regularly to ensure that up-to-date information is maintained on SunSmart resources and policy guidelines.

EVALUATION

The Engagement and Wellbeing Sub-committee, in collaboration with the Student Representative Council, will review the effectiveness of this policy. They will:

- Review the SunSmart behaviour of students, staff, parents and guests visiting the school.
- Assess the provision of shade in the school.
- Assess the use of shade by students and staff.
- Check plans for future buildings and grounds with regards to shade provision (in consultation with the School Council).
- Evaluate and update the SunSmart protection and skin cancer prevention component of the curriculum (in collaboration with the Health and Physical Education staff).

DEFINITIONS

UV radiation: Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as solariums or collariums. Too much UV radiation can cause skin and eye damage, sunburn, tanning and [skin cancer](#). Some UV exposure is recommended for vitamin D. UV radiation isn't like the sun's light or heat, which we can see and feel. Your senses cannot detect UV radiation, so you won't notice the damage until it has been done.

Daily sun protection times: Are a 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 Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

Relevant Documents / Links

- Victorian Government School Reference Guide: 4.5.11 Skin protection
 - Building Quality Standards Handbook (BQSH) Section 7.5.5 Shade Areas
 - Occupational Health and Safety Act 2004.
 - Australian Safety and Compensation Council (ASCC): Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight.
 - Department of Education: [Sun and UV Protection policy 2023](#)
 - WorkSafe Victoria: [Sun Protection](#)
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Last ratified by School Council: TBC

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