



# SUNSMART POLICY

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Authorised by:  
Principal

Approved by School Council:  
18.5.22

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## Help for non-English speakers

If you need help to understand the information in this policy, please contact Horsham College.

## PURPOSE

The purpose of this policy is to encourage behaviours at Horsham College to minimise the risk of skin and eye damage and skin cancer. Australia has the highest rate of skin cancer in the world. It is estimated that more than 75% of all skin cancers could be prevented by practising sun protection in early childhood and adolescence.

This policy provides guidelines to:

- ensure that all students and staff attending Horsham College are protected from over exposure to the harmful ultraviolet rays of the sun
- 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 in all school activities.
- encourage students, parents and staff to wear protective clothing, hats and sunscreen during high-risk times such as lunchtime, sport, excursions and camps.

## SCOPE

This policy applies to all school activities, including camps, excursions, outdoor classes, sport carnivals and yard duty. 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
- 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 throughout Terms 1 and 4.

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

## **Behaviour**

All students and staff at Horsham College are expected to:

- wear sun protective hats during recess, lunchtime, sport, camps, excursions and other high-risk activities
- wear clothing with sleeves and collars that are made from closely woven fibre
- apply at least SPF 15 broad spectrum water-resistant sunscreen before outdoor activity and re-apply every two hours.
- Rash vests or t-shirts for outdoor swimming activities

## **School Organisation**

**School Uniform** - a hat is included as part of the school dress code and must be worn during Terms 1 and 4. The dress code encourages students to wear sunglasses

**Physical Education and Sport** - all students are to be protected from the sun during outdoor physical education and sport by the maximum use of indoor facilities and shade, by the provision of sunscreen and by the use of a hat and appropriate clothing where suitable

**Camps and Excursions** - suitable hats, clothing and sunscreen should be required for all camps and excursions; with these items listed on the requirements for the activity

**Role Models** - appropriate behaviour should be modelled by staff 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 sport education teachers should be encouraged to take appropriate sun protection measures.

## **Shade**

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

- where students congregate for lunch
- outdoor lesson areas
- popular play areas
- assembly areas

When building works or grounds maintenance is conducted at Horsham 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 updated processes communicated.

## **Sun protective uniform/clothing**

Hats may also be worn for all outdoor activities outside of Terms 1 and 4, by parent, staff or student choice.

As we are a secondary school, we expect students to take responsibility for being SunSmart by wearing a school hat during outdoor activities and staying in the shade, if they are not wearing sunscreen.

Students who are not wearing appropriate protective clothing, including the school hat may be asked to move in the shade or in a suitable area protected from the sun.

## **Sunscreen**

Horsham College encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels are high.

At Horsham College students are welcome to attend Administration or relevant year level spaces to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the College 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 Horsham 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. Horsham College will address sun and UV safety education as part of:

- Sun protection and skin cancer prevention programs are to be incorporated into the appropriate Key Learning Areas of the school curriculum.
- Students are to be encouraged to be actively involved in initiatives to protect the school community from over-exposure to the sun.
- Sun protection is to be promoted throughout the year in the Newsletter, assemblies, bulletins, meetings and whole school activities.

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.

## **MONITORING**

**This policy will be monitored by the Leadership Team who will ensure:**

- All new staff have been briefed on the SunSmart Policy.
- The SunSmart Policy is included in staff meetings held in Terms 1 and 4.
- Sunscreen is available to students during outdoor activities.
- SunSmart practices are promoted regularly from September to April.

## **FURTHER INFORMATION AND RESOURCES**

- Horsham College Hat Procedure

## **REVIEW CYCLE**

This policy will be reviewed in accordance with the Policy Review Schedule