

SUNSMART POLICY



Help for non-English speakers

If you need help to understand the information in this policy, please contact Ringwood Secondary College reception on (03) 9870-2002 to arrange assistance.

PURPOSE

The purpose of this policy is to encourage behaviours at Ringwood Secondary College to prevent and limit the risks associated with sun exposure.

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
- ensure access to 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
- 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. Information about

the daily local sun protection times are available via the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

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

Shade

The Facilities and Resources Committees monitor provision of adequate shade in the College grounds and will continue to work towards increasing the number of shaded areas, in order to provide adequate sun protected areas, particularly where students congregate. The Facilities and Resources Committees also ensures shade provision is considered in plans for future buildings and grounds. Students are encouraged to use shade when outside, particularly if they are not wearing appropriate hats or clothing.

Sun protective uniform/clothing

Ringwood Secondary 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 the College hat during outdoor activities or staying in the shade, if they are not wearing sunscreen.

Sunscreen

Ringwood Secondary 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.

At Ringwood Secondary College students are welcome to attend First Aid to access sunscreen. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the 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.

Sunglasses

Where practical Ringwood Secondary 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. Ringwood Secondary College will address sun and UV safety education within the Health curriculum across Year 8.

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.

FURTHER INFORMATION AND RESOURCES

- the Department's Policy and Advisory Library:
 - Sun and UV Protection Policy
 - Duty of care
- SunSmart

POLICY REVIEW AND APPROVAL

Policy last reviewed	September 1 st 2021
Approved by	School Council
Next scheduled review date	September 2025