

SunSmart Policy

PURPOSE

The purpose of this policy is to encourage behaviours at Rubicon Outdoor Centre 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 and 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). During residential programs information about the daily local sun protection is communicated to students via the morning weather report and on journey programs via the morning briefing by Rubicon staff members.

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

Shade

Rubicon Outdoor Centre will provide sufficient options for shelter and trees 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 Rubicon Outdoor Centre 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

Rubicon Outdoor Centre recommends that from mid-August to end of April, and whenever UV levels reach 3 and above, students to wearing sun-protective clothing such as:

- 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
- rash vests or t-shirts for outdoor swimming activities.

As we are a Residential Secondary School, we expect students to take responsibility for being SunSmart by wearing a sun hat during outdoor activities or staying in the shade, if they are not wearing sunscreen.

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. 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

Rubicon Outdoor Centre 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](#).

Rubicon Outdoor Centre has strategies in place to remind students to apply sunscreen before going outdoors such morning briefings. At Rubicon Outdoor Centre staff and students can access sunscreen from a variety of locations around the campuses. Staff and students who may suffer from allergic reactions from certain types of sunscreen are encouraged to contact the school administration office 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 Rubicon Outdoor Centre 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.

Informing students of SunSmart practices

Students at our school are encouraged to make healthy choices and are supported to understand the benefits and risks of sun exposure. Rubicon Outdoor Centre will address sun and UV safety education as part of the morning pre-lesson briefing and during the morning weather report. This will also form part of the winter programs as we move lessons to the alpine environments.

<https://www.sunsmart.com.au/protect-your-skin/at-the-snow>

FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
 - [Sun and UV Protection Policy](#)
 - [Duty of care](#)
- [SunSmart](#)

POLICY REVIEW AND APPROVAL

Policy last reviewed	May 2020
Approved by	Andrew Monson, Principal
Next scheduled review date	May 2024