



# Sun Protection

## Statement of Context

A healthy balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in the first 10 years of life determines to a substantial degree the lifetime potential for skin cancer, while sun exposure in later life determines the extent to which this potential realised.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D is necessary for the development and maintenance of healthy bones and muscles and for general health.

All skin types can be damaged by exposure to UV solar radiation. Damage is permanent and irreversible and increases with exposure. It is important to note that UV solar radiation is significant on overcast days as well as on days of sunshine.

This policy has been written to give guidelines for a healthy UV exposure balance during school related activities. For AGSV Sporting events, this policy should be read in conjunction with the AGSV Sport Adverse Weather Policy and Heat Policy.

## Reference Points / Background Papers

Cancer Council Australia ([www.cancer.org.au](http://www.cancer.org.au))

Sunsmart Victoria ([www.sunsmart.com.au](http://www.sunsmart.com.au))

AGSV Sport Adverse Weather Policy

Outdoor Education Group ([www.oeg.edu.au](http://www.oeg.edu.au))

YVG Extreme Temperature Policy

## Aims

To educate our students about the need for a healthy UV exposure - to protect themselves from the risk of skin damage while also helping to maintain Vitamin D levels

To provide an environment that reduces the likelihood of exposure to the damaging effects of UV solar radiation

### Policy Details

Students are made aware of the dangers of exposure to the sun and the need for life long protection as part of the School Curriculum and for related co-curricular activities

Students are made aware that Vitamin D is important for good health

All Junior School students wear hats outdoors whilst at School between September and April

Students wear a specified School hat/cap for outdoors summer interschool sport, unless otherwise advised

The School encourages the wearing of hats that shade the face, neck and ears for any outdoor activities

Students are encouraged to wear protective sunglasses which have approved filtering characteristics at times of prolonged exposure to the sun

*confidence to achieve*

## PROTECTION

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Students undertake sun protection procedures for long term outdoor activities, including the regular application of sunscreen, wearing of hats and sunglasses and use of shade protection

The School has practices and facilities to assist in the shade protection of students, staff and visitors for the harmful effects of the sun

Expectations for students involved in Outdoor Education, Health and Physical Education, Sport, Environmental Education activities and School Camps are communicated to parents and students

Staff are positive role models for students and are responsible for their own sun protective practices

### Implications for Practice

#### Primary protection

Reducing the time in direct sunlight or the effects of it, particularly on extreme risk days or generally between September and April

The Head of Junior School/Middle School/Senior School/Head of Health, Outdoor and Physical Education Department/Director of Sport may decide on days of extreme risk of skin or eye damage to restrict activities:

Restrict outdoor movement to a minimum

Modify outdoor sport time exposure especially in the middle of the day when UV levels reach their peak

Cancel all non-essential outdoor activity

Sun protection measures are implemented during any major outdoor activities e.g. use of sunscreen, wearing of hats, sheltering in shaded areas

Athletics Days are ideally to be held in Autumn or Spring, not in Summer

Indoor sporting activities are encouraged in the Summer months where possible, subject to temperature and airflow

Shade is provided in various areas around the School grounds

Planting of appropriate shade trees does occur in strategic locations for passive and active play areas

Protection will be provided for the sand pit and play equipment in the Junior School

#### Clothing Protection

##### Wearing of Hats

Staff will model good practice by wearing hats that shade the face, neck and ears for sustained outdoor activities including Sport and Sports Days between September and April, taking Physical Education lessons, Yard duty and when on camps.

##### Junior School

The wearing of hats outdoors is compulsory in the Junior School between September and April. When indoors, hats are to be kept in bags or lockers unless students are indoors for a very short time when they can be held in the hand.

All students from ELC through to Grade 6 are to wear the School wide-brimmed hat for all outside activities between September and April each year.

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**Middle and Senior Schools**

Students in the Middle and Senior Schools are strongly encouraged to wear hats that shade the face, neck and ears during breaks between September and April.

The wearing of the Black School cap is expected for all Middle and Senior School students during Physical Education classes and for House Sport between September and April. The Black School cap is only to be worn for Physical Education classes, House sport, during breaks and for Saturday morning sport.

Any student engaged in outdoor summer interschool sport is strongly encouraged to wear the specified School hat/cap:

- Greg Chappell style School hat for cricket or tennis
- First XI Cricket Cap
- Black School cap for softball or tennis
- Either the Black School cap or Greg Chappell style hat for any other outside summer sporting activity
- A School street hat is available in a choice of two styles

**Use of Sunglasses**

Students are encouraged to wear protective sunglasses which have approved filtering characteristics at times of prolonged exposure to the sun, for example, during long breaks in the School day when not involved in active play and during appropriate sport and Physical Education sessions. They may also be worn on outdoor excursions and during some camping activities.

**Outdoor Swimming Activities**

It is strongly recommended that students wear the Yarra Valley lycra sun top when swimming outdoors. This is compulsory for Junior School students.

A hat and sunglasses should be worn if students are sitting beside an outdoor pool or body of water for any length of time.

Supervising staff should wear a hat and sunglasses when supervising outdoor swimming activities.

**Exposed Skin Protection**

The School encourages students to use a Broad Spectrum water resistant SPF 50+ sunscreen, but would remind students that the wearing of such sunscreen is not a guarantee against burning and serious skin damage. The Health Centre and the Sports Complex have a supply of such sunscreen that is available to students and staff all year round.

Because of personal preference, parental choice and possible allergic effects, it is often more suitable for students/parents to supply their own sunscreen for outdoor activities. Application is recommended 30 minutes before going outside so, depending on when the outdoor activity is to occur, possible application times are:

- Before leaving for School
- At lunchtime
- Before going swimming

Sunsmart recommendation is that sunscreen be applied every 2 hours.

Staff are also encouraged to wear a Broad Spectrum water resistant SPF 50+ sunscreen.

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**Education**

It is expected that through the Physical Education, Science, Health and Outdoor Education Programmes, students are educated about the causes and effects of the harmful effects of the sun and the need for protection and care, as well as the benefits of Vitamin D for the development of healthy bones, muscles and teeth.

VCE Outdoor and Environmental Studies, VCE Physical Education and School Camps

Yarra Valley Grammar students participate in a wide range of outdoor activities and are subject to Ultra Violet Rays (A/B) for extended periods of time. It is essential that the students have adequate sun protection for all outdoor activities.

Due to the type of activities undertaken, it is not always possible to restrict outdoor movement, but all sun protection measures must be undertaken by staff in charge of the activity. Staff must be aware that sun damage can occur on overcast days and in seasons other than summer. In Alpine areas, sun protection measures are strongly encouraged at all times and are required when near highly reflective areas such as snow or water.

When participating in Outdoor Education, Environmental Studies activities and School Camps:

Staff are to be good role models for students

All equipment lists must contain hats, which preferably shade the face, neck and ears, broad spectrum water resistant SPF 50+ sunscreen and suitable clothing to block out the sun

All First Aid kits must have a plentiful supply of broad spectrum water resistant SPF 50+ sunscreen. Sunscreen must be made available to students when in a base camp situation

Appropriate clothing that covers shoulders and body should be worn

Protective sunglasses should be taken to camp by all students

In extreme conditions, Outdoor Education staff should keep students under shade as often as possible

**Building and Grounds Staff**

Staff working outdoors for a large part of the day are at greater risk of exposure to UV solar radiation

The School requires the use of sun protection control measures such as:

- Moving jobs to shaded areas where possible
- Taking rest and meal breaks in shaded areas
- Scheduling outdoor work tasks to when UV solar radiation is less intense, such as early in the morning or later in the afternoon
- Scheduling indoor work tasks to occur during the middle part of the day
- Rotating between indoor and outdoor tasks to avoid exposing any one individual to UV solar radiation for long periods of time
- Wearing sun protective hats, work clothing, sunglasses and sunscreen
- Advising new staff on sun protection measures
- Acting as positive role models for others and being responsible for their own sun protective practices
- Training to be provided to relevant staff on sun safety e.g Cancer Council.
- UV readings can be monitored on BOM website by individuals or Managers