

Sun protection policy



Record History

Publish date: December 2023

Version: 1.0

Responsible officer/s: GSC Executive team

Approved by: Principal

Approval date: 14 December 2023

Review date: 14 December 2024

Purpose

All department school sites must have a sun protection policy in effect for school terms 1, 3 and 4 and whenever ultraviolet (UV) radiation levels reach 3 or above. Sites must inform the school community including employees, students, parents and volunteers of the sun protection policy. Children and young people are encouraged to be responsible for their own sun protection.

Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection whenever the UV is 3 and above does not put people at risk of vitamin D deficiency.

The Goolwa Secondary College policy aligns with the Department for Education sun protection in schools policy.

Using sun protection

The College uses a combination of sun protection measures for all outdoor activities on and off-site during terms 1, 3 and 4 including:

Clothing

Sun protective clothing is included in the school uniform and dress code. A hat is a compulsory part of the uniform, and it is expected that students will wear a hat when outdoors in terms 1, 3 and 4.

Sunscreen

Students must provide their own SPF 30 or higher broad-spectrum, water-resistant sunscreen and the College also supplies SPF 30 or higher broad spectrum, water-resistant sunscreen for staff and students' use during HPE lessons, outdoor excursions and at student services during regular school time.

Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors. Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices in student bulletin).

Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

Hats

When outdoors in Terms 1, 3 and 4, all students and staff are to wear hats that protect their face, neck and ears. Students are to wear the school logo bucket hat when outdoors in lesson times and during break times. If a student doesn't have an appropriate hat for HPE, the College has bucket hats for borrowing.

Shade

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Outdoor events to be held during term two or earlier in the day where practical.

Students are encouraged to use available areas of shade when outside.

Students who do not have appropriate hats or clothing are asked to stay in the shade or a suitable area protected from the sun.

Curriculum

Programs on skin cancer prevention are included in the curriculum. Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, FROG, Connect times, parent meetings, staff meetings, school assemblies, student and teacher activities. Connect classes may draw on relevant resources including: [Secondary school resources | Cancer Council](#)

The information has been extracted from the Cancer Council SA SunSmart policy.