



SUNSMART POLICY

Rationale

Overexposure to ultraviolet (UV) radiation from the sun causes skin damage (sunburn, tanning, and ageing) and skin cancer. UV exposure may also increase the risk of eye diseases. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life. Australia has one of the highest rates of skin cancer in the world. More than two in three Australians will be diagnosed with skin cancer in their lifetime. However, most skin cancer can be prevented by using sun protection.

At St. Francis of Assisi school, we have a duty of care towards all our students. We encourage all students to act responsibly regarding being aware of SunSmart issues when outside.

Aim

- Given school hours and activities fall within peak UV periods of the day, it is crucial schools have strategies in place to reduce UV exposure and associated risks.
- This SunSmart policy aims to;
 - ensure all students and staff are protected from overexposure to UV radiation,
 - ensure the outdoor environment provides shade for students and staff,
 - ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection,
 - support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for students, staff and visitors.

Scope

This policy applies to all;

- students, staff, volunteers, visitors and contractors,
- activities and events on and off-site including; recess/lunch, outdoor lessons, assemblies, PE and sports classes, interschool sports activities, excursions, camps and free dress days,
- school environments and environments where school-related events occur.

Definitions

Ultraviolet (UV) radiation - a type of energy produced by the sun and some artificial sources, such as solariums and collariums. UV can't be seen or felt. The sun's UV can reach you directly and also indirectly (reflected off different surfaces and scattered by particles in the air). At least 95% of skin cancers are caused by UV exposure.

Sun protection times - a forecast by the Bureau of Meteorology for the time-of-day UV levels are predicted to reach 3 or higher (when sun protection is recommended for all skin types). In Victoria, UV levels typically reach 3 or higher daily from mid-August to the end of April. Sun protection times are available for various locations across Victoria, nationally and globally on the free [SunSmart](#)

[Global UV app](#). Schools are advised to continue to use sun protection beyond these times if students are outdoors for extended periods (e.g. during sports carnivals and all-day events).

[Sun protection](#) - a combination of strategies (clothing, hats, sunscreen, sunglasses and shade) to protect from UV.

[Skin cancer](#) - UV radiation damages DNA in the skin cells. If this damage does not repair itself, or the cells continue to be exposed to UV, further damage occurs leading to skin cancer including melanoma, which can spread to other organs.

[Shade](#) - a barrier (built, natural and / or temporary) that protects from direct UV. Good quality shade can reduce UV by up to 90%. Shade design should also incorporate indirect UV protection through the choice or modification of low UV reflective surrounding surfaces.

Implementation

We are committed to supporting effective UV protection strategies to minimise risk and require all students and staff to comply with this policy.

In order to lessen the exposure to the harmful effects of the sun's rays, we encourage staff and students to:

- Wear a sunhat when playing, eating or taking part in sport or any activity outside in Term 1 and Term 4.
- A "No hat, No play" rule will restrict children to shaded areas if they do not have a hat.
- All teachers are encouraged to wear a hat and sunglasses when outside to model SunSmart behaviours.

Procedures

1. Environment

Shade: Seek shade

- The school council/board ensures there is enough shade (natural, built, temporary) available in the school grounds, particularly in high-use areas– for example where students have lunch, canteen, popular play spaces/equipment, assemblies, sports and outdoor lessons.
- The availability of shade is considered when planning all outdoor activities and excursions.
- Students are encouraged to choose and use available areas of shade when outside.

2. Behaviours

School uniform/dress code

Clothing: Slip on sun protective clothing

- Both the school uniform/dress code and sports uniform/dress code include;
 - Cool, loose-fitting, sun protective clothing made of densely woven or UPF rated fabric,
 - Shirts with collars and elbow-length sleeves,
 - Longer-style dresses, skirts, shorts and pants,
 - Rash vests or t-shirts for outdoor swimming and water sport activities.
- Students without appropriate covering clothing will be asked to use shaded areas or suitable areas protected from the sun.

Hats: Slap on a sun protective hat

- All students wear broad-brimmed, bucket or legionnaire hats that protect their face, head, neck and ears, whenever they are outside.
- Students without an appropriate hat will be asked to use shaded areas or suitable areas protected from the sun.

Sunscreen: Slop on sunscreen

- Students provide their own SPF50 or 50+ broad-spectrum, water-resistant sunscreen.
- Strategies are in place to remind and encourage students to apply sunscreen before going outdoors (e.g., reminder notices, sunscreen monitors, sunscreen buddies).

Sunglasses: Slide on sunglasses [if practical]

- Where practical, students are encouraged 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.

Governance and leadership

Staff role-modelling and OHS

- As part of OHS UV risk controls and role-modelling, staff;
 - wear a sun-protective hat, covering clothing and, if practical, sunglasses,
 - apply SPF50 or 50+ broad-spectrum, water-resistant sunscreen, and
 - seek shade whenever possible.
- SunSmart information is included in staff handbook/orientation materials and during new staff induction.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.

School and community engagement

Families and visitors

- For their own safety and to reinforce our school's sun protection strategies, families, visitors, contractors and volunteers are also asked to;
 - wear a sun-protective hat, covering clothing and, if practical, sunglasses,
 - apply SPF50 or 50+ broad-spectrum, water-resistant sunscreen, and
 - seek shade whenever possible.

Monitoring and review

- The school council, staff and students/SRC monitor and review the effectiveness of our SunSmart policy (at least every five years) and revise the policy when required.
- SunSmart policy updates and requirements will be made available to staff, families, students and visitors.
- The school's SunSmart policy is easily accessible to staff, students and parents via the school website.

POLICY REVIEW

Policy reviewed	October 2026
Approved by	Principal Mark Basile
Next scheduled review date	October 2029