



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 is 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.

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

www.cancer.org.au

www.sunsmart.com.au

AGSV Sport Adverse Weather Policy and Heat 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
- Students are made aware that Vitamin D is important for good health
- All Junior and Middle School students wear hats outdoors whilst at School during Terms 1 and 4
- 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
- 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 activities are understood and actioned
- 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 during Terms 1 and 4

confidence to achieve

- The Head of Junior School/Middle School/Senior College/Head of Physical Education Department 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 to be held in Autumn or Spring, not in Summer
- Indoor sporting activities are encouraged in the Summer months, where possible
- Shade to be provided in the School grounds as part of the upgrading of the School grounds when funding is available
- Planting of appropriate shade trees will occur in strategic locations for passive and active play areas
- Shade cloth will be provided for students, staff and spectators around the pool perimeter
- 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 during Terms 1 and 4, taking Physical education lessons and instructing at the Pool.

Junior School

The wearing of hats outdoors is compulsory in the Junior School during Terms 1 and 4. 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 from September 1 to April 30, each year.

Middle and Senior Schools

Students in Middle and Senior Schools are encouraged to wear hats that shade the face, neck and ears during breaks in Terms 1 and 4.

The wearing of the Black School cap is compulsory for all Senior School students during outdoor Terms 1 and 4 Physical Education classes and House Sport. The Black School cap is only to be worn for Physical Education classes, House sport and during breaks. It is not to be worn for interschool sporting activities or when a student is representing the School in any activity.

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

- Greg Chappell style School hat for cricket
- First XI Cricket Cap
- Black School cap for tennis and softball or Greg Chappell style hat for 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 P.E. sessions. They may also be worn on outdoor excursions and during some camping activities.

Pool Clothing

It is strongly recommended that students wear the Yarra Valley lycra suntop when swimming.

Whilst out of the water during pool sessions students should wear one of the following:

- Yarra Valley track suit
- House T-shirt
- Yarra Valley lycra suntop
- A towel around the upper body for young children

A hat and sunglasses should be worn if students are sitting beside the pool for any length of time.

Exposed Skin Protection

The School encourages students to use a Broad Spectrum water resistant SPF 30+ sunscreen, but would remind students that the wearing of such sunscreen is not a guarantee against burning and serious skin damage. The Pool Office and First Aid Room does have a supply of such sunscreen and under certain conditions would supply that to students.

Because of personal preference, parental choice and possible allergic effects, it is not possible to provide sunscreen for all students, so parents are requested to supply their own sunscreen. 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

Staff are also encouraged to wear a Broad Spectrum water resistant SPF 30+ sunscreen.

Education

It is expected that through the Physical Education, Science and 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.

Outdoor Education

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.

Through the Outdoor Education Programme continuing education on sun care will occur:

- 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 30+ sunscreen and suitable clothing to block out the sun
- All First Aid kits must have a plentiful supply of broad spectrum water resistant SPF 30+ sunscreen. Sunscreen must be made available to students when in a base camp situation
- The Outdoor Education Department advocates SPF Lycra swimming tops for Middle School and Senior College students and full SPG Lycra swimming suits for lower Primary students
- 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

Other Considerations

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