



## St Joseph's College's SunSmart / sun protection policy

### Rationale

Overexposure to ultraviolet (UV) radiation from the sun can cause skin damage (sunburn, tanning, and ageing) and skin cancer. UV exposure may also increase the risk of eye diseases.

Australia has one of the highest rates of skin cancer in the world. However, most skin cancer can be prevented by using sun protection.

### Purpose

Given school hours and activities fall within peak UV periods of the day, it is crucial St Joseph's College (SJC) has 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; lunch, outdoor lessons, assemblies, HPE and sports classes, interschool sports activities, excursions, camps, free dress days etc
- school environments and environments where school-related events occur.

### Procedures

#### 1. Environment

##### Shade: Seek shade

- SJC 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.
- SJC ensures shade provision and UV reflective surfaces are considered in plans for refurbishments and future buildings and grounds.
- A shade assessment is conducted regularly to determine the current availability and quality of shade.





## 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, or bucket hats that protect their face, head, neck and ears, whenever they are outside.
- All staff wear an appropriate hat that models appropriate practices to students whenever they are outside.
- Students without a sun protective hat are provided with a spare hat where possible.
- Students without an appropriate hat will be asked to use shaded areas or suitable areas protected from the sun.

#### Sunscreen: *Slop on sunscreen*

- SJC has SPF50 or 50+ broad-spectrum available, water-resistant sunscreen for staff and students to use
- Students provide and utilise 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) with time for this scheduled into the lesson routine.
- The school community is educated about the correct use of sunscreen and the level of protection it provides (apply 20 minutes before going outdoors and reapply every 2 hours, or more frequently if sweating or swimming e.g. towel dry and then re-apply).

## 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.
- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.
- UV radiation exposure is considered as part of the school's risk management and assessment for all outdoor events and activities on and off-site, e.g. UV radiation

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protection





protection strategies (hats, clothing, shade, sunscreen) are included in school camp activities, excursions, sports days and interschool sports events.

## 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.

## School curriculum

### Learning

- Sun protection and UV safety education is incorporated into the Health and Physical Education curriculum:
- Staff and students are encouraged to complete Cancer Council Victoria's free [SunSmart online learning courses](#) for teachers and students.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures at the school including taking leadership roles in managing sun protection for the whole school community e.g. accessing daily sun protection times, hat and sunscreen application reminders, and supporting other students to be SunSmart.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, school website/intranet/noticeboard, staff meetings, school assemblies, student and teacher activities and at student enrolment / orientation.

## Monitoring and review

- The school, staff and students 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 college website.

Policy last reviewed:

**November 2025**

Approved by:

**Senior Leadership Team**

Next scheduled review date:

**2028**

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