



Melbourne University Sport SUNSMART POLICY

Rationale

A 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. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Australia has one of the highest rates of skin cancer in the world. People often experience sunburn and skin damage when playing or watching sport due to extended periods exposed to high levels of UV without appropriate sun protection.

Sun Protection is needed whenever UV levels reach three and above. In Victoria average UV levels are three and above from the beginning of September to the end of April. During these months particular care should be taken during the middle of the day between 10am – 3pm when UV levels reach their peak.

Extreme heat conditions are rare, but Melbourne University Sport will follow the Department of Education heat policy. Children will be kept inside where temperatures exceed 37 degrees.

The goals of the Sun Smart Policy are to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

From September to the end of April in Victoria

- Children and staff use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Our Sun Smart policy is considered when planning all outdoor events e.g. excursions, outside play.
- Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

Seek Shade

- The availability of shade is considered when planning excursions and all outdoor activities.
- An assessment of existing shade has been conducted (using the SunSmart shade audit resource) at commonly used outdoor venues.
- When not actively playing or between individual events, participants are encouraged to rest in shaded areas.
- Students who do not have appropriate hats or outdoor clothing will not be able to play outside.
- The use of shade from buildings, trees and other structures is utilised where possible (e.g. for player interchange, marshaling areas, spectator areas).

Slip on Sun Protective Clothing

- Children are required to wear clothing that covers as much skin as possible. This includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts. and rash vests or t-shirts for outdoor swimming.

Slap on a Hat

- Children and staff are required to wear hats that protect their face, neck and ears, e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside. **Baseball or peak caps and visors are not considered a suitable alternative**

Slop on Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and children to use.
- SUNSCREEN IS APPLIED AT LEAST 20 MINUTES BEFORE GOING OUTDOORS AND REAPPLIED EVERY TWO HOURS IF OUTDOORS.
- Children are reminded to apply sunscreen before going outdoors
- Strategies are in place to remind students to apply sunscreen before going outdoors including
- Children are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
- Sunscreen is stored below 30°C and replaced once it is past the use-by date.

Slide on Sunglasses

- Children and staff 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.

References

- ACECQA National Quality Framework Resource Kit (2012)
- Quality Area 1 – Educational Program and Practice.
- Quality Area 2 – Children’s health and safety
- Education and Care Services National Regulations (2012), Section 168 2a(ii)– Sun protection
- SunSmart: sunsmart.com.au

Date of last review: December 2015

To be reviewed: December 2016

