UV policy

Rationale
A healthy balance of the sun’s ultraviolet (UV) radiation exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they are 70. Overexposure to UV during childhood and adolescence is known to be a major cause of skin cancer. Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth and for general health.

The objectives of this UV policy are to:
• Ensure that all students and staff maintain a healthy UV exposure balance.
• Encourage the entire Murray Bridge High School community to understand the UV index and use a combination of sun protection measures whenever UV Index levels reach 3 and above.
• Encourage safe UV exposure whenever UV Index levels are below 3.
• Work together as a school community to develop a safe school environment that provides shade for students, staff and the school community at appropriate times.
• Ensure sun protection measures are considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events.
• Assist our students, as young adults to be responsible for their own sun protection.
• Ensure that families and new staff are informed of the school’s UV radiation policy through the website and staff induction.

Shade at Murray Bridge High
A shade audit is conducted regularly to determine the current availability and quality of shade. Murray Bridge High School Governing Council and the Student Representative Council have identified the provision of shade areas as high priority of development within the school. The areas targeted include the quadrangle and oval. Students are encouraged to use shade when outside particularly if they are not wearing appropriate hats or clothing. In the planning of outdoor activities, camps and excursions the risk assessment must include the consideration of shade availability.

Slip, slop, slap, seek and slide.
• The summer uniform includes a shirt with a collar that sits close to the neck, above the collarbone.
• The summer uniform recommends longer style skirts/shorts/pants at least to the knee.
• The sport uniform includes a shirt that covers the shoulders well and a collar that sits close to the neck, above the collarbone.
• It is recommended that staff and students wear hats that protect their face, neck and ears (i.e. broad brimmed or bucket hats), whenever they are outside.
• The sport uniform includes longer style shorts at least to the mid-thigh.
• Rash vests or T-shirts are mandatory for Outdoor Aquatics activities.
• Appropriate sunglasses are encouraged to be worn for outdoor activities.
• SPF 30+ or higher broad spectrum, water resistant sunscreen is available for staff and students’ use and students are encouraged to bring their own sunscreen to school.
• Staff encourage students to use sunscreen.
• As part of WHS, UV risk controls and role modelling, staff are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when outside.
• The Wellbeing program and Health curriculum educate about UV exposure and the correct use of sunscreen and the level of protection it provides.
• Where possible, outdoor activities/events will be scheduled to minimise time in direct sun particularly in summer e.g. earlier in the morning.

Promotion
• Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.
• Appropriate UV exposure measures are regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies.
• Students are encouraged to be involved in initiatives to promote and model appropriate UV exposure measures to the whole school community.
• Staff, students and the school community are encouraged to access the daily Sun Smart UV Alert App or website to assist with identifying key UV exposure times.

Review of the policy
• The school council, staff and SRC will regularly monitor and review the effectiveness of the UV policy and revise the policy when required.
Next policy review: 2021
Name of person/position with responsibility for reviewing policy: HPE Coordinator