**Rationale**
This SunSmart Plan has been developed to ensure that all students and workers (i.e., teachers, staff, and volunteers) of MOUNTAIN CREEK STATE HIGH SCHOOL maintain a healthy UV exposure balance which minimises the risk of skin cancer with appropriate sun protection measures, yet ensures some daily sun exposure for vitamin D requirements.

**Objectives**
- Assist the school community to achieve a healthy UV balance.
- Encourage the entire school community to use a combination of sun protection measures whenever UV levels reach 3 and above.

**Implementation**

**Curriculum**
- Educational programs on skin cancer prevention and healthy UV exposure for vitamin D are incorporated into appropriate areas of the school curriculum in all year levels.

**Uniform/clothing**
Whenever UV levels are 3 or above:
- Students are required to wear the hat/cap provided by the school on enrolment whenever they are outside.
- The summer uniform/dress code includes a shirt with at least elbow length sleeves and a collar.
- Longer style skirts/shorts/pants at least to the knee are also included.
- Workers are required to wear protective clothing and head wear for all outdoor activities, including yard duty as part of their supplied uniform.
- Eye protection is recommended to enhance sun safety.

**Sunscreen**
Whenever UV levels are 3 or above:
- Students and staff are actively encouraged to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen regularly eg. prior to school, before lunch, PE lessons, sport, excursions, etc.
- Sunscreen is easily available throughout the school for staff and student use.
- With appropriate consultation, students with naturally very dark skin (skin that rarely or never burns) are not required to wear sunscreen.

**Sport and Physical Education**
Whenever UV levels are 3 or above:
• Students are required to wear the cap/hat provided by the school on enrolment for sport and physical education.
• The school sport uniform/dress code includes shirts with collars, singlets are endorsed for indoor sports only or where athletic clothing is required.
• For outdoor swimming carnivals and events, students are advised through newsletters and notices to wear a t-shirt or rash vest and sunscreen.
• Where possible, outdoor activities/events will be scheduled to minimise time in direct sun e.g. earlier in the morning or later in the afternoon. The use of indoor and shaded facilities will be considered at other times when available however many of the outdoor areas are shade protected with trees planted for this purpose.
• Physical Ed teachers will be advised to wear a broad brimmed, legionnaire or bucket style hat, and sensible clothing that covers skin, ie at least elbow length sleeves and knee length shorts.

Camps and Excursions
Whenever UV levels are 3 or above:
• Sun protection is considered in the planning of all camps and excursions. Advice on wearing hats and sun screen is included in notices of equipment to bring.
• Processes for the planning of outdoor activities and excursions include the provision of shade areas Eg permanent and portable structures, and access to trees etc,

Shade
Whenever UV levels are 3 or above:
• The school council has endorsed the provision of shade in the facilities development plan twice in the past three years.
• The school has adequate provision for shade to accommodate the students in attendance. This is also improved by the split shift arrangements with less than half the school on campus in the high UV hours. The shade is most effective in lunch areas, canteen and in many outdoor lesson areas.
• Temporary shade structures have been purchased and used extensively for events such as sports carnivals.
• Students and staff are actively encouraged to use shade when outside, particularly if they are not wearing appropriate hat or clothing.

Recess and lunch break (optional, but highly recommended)
The school has a shorter lunch access for senior with the split shift ensuring minimal exposure at lower UV level times.

Vitamin D
• When UV levels fall below 3, sun protection is not generally required unless near highly reflective surfaces such as snow or outside for extended periods.

Occupational Safety and Health
Whenever UV levels are 3 or above:
• As part of OHS UV risk controls and role modelling, all workers are advised to use a combination of sun protection measures (sun protective clothing, broad
brimmed hats, sunglasses, sunscreen and shade) when outside.

**General awareness and reminders**
- The school actively promotes a positive culture around sun protection. ie Via school newsletters, notice boards, assembly announcements and school website etc

**Professional Learning**
- Information about a balanced approach to UV exposure is included in staff training to enable staff to work safely outdoors and encourage them to be positive role models.
- New staff are provided with information on how to access our Sunsafe Plan as part of their induction.