



Topic:	<b>Sun Smart Policy</b>
CECWA Policy:	No Corresponding Policy
Policy Area:	Enrichment
Date Released:	2014
Last Reviewed:	2019
Next Review:	2022

## 1. Rationale

The Principal is obliged to enact policies and procedures to ensure the safety and wellbeing of all students and staff. As part of this duty of care the College aims to ensure a safe environment in terms of occupational health and safety, which includes preventing over exposure to harmful ultraviolet rays from the sun. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Sun exposure in childhood and adolescence is a major factor in determining future skin cancer risk. Australia has one of the highest rates of skin cancer, with two in three people developing skin cancer at some time in their lives. Vitamin D is essential for healthy bones and muscles, and for general health, and some sun exposure is necessary for vitamin D production. The majority of Australians achieve adequate vitamin D levels through the sun exposure they receive incidentally during typical day-to-day outdoor activities. Extended or deliberate sun exposure without any form of sun protection when the UV index is 3 or above is not recommended. A balance of ultraviolet radiation (UV) exposure is important for health.

There are times when students and staff are engaged in outdoor activities for extended periods. Such times include sports days, playtime, physical education classes, camps, excursions and retreats. It is critical that students and staff follow accepted SunSmart procedures to avoid over exposure and potential health issues emerging in the future.

Note: This policy applies to all College events on and off site.

## 2. Principles

- Students and staff shall have some UV exposure for vitamin D.
- A combination of sun protection measures shall be encouraged whenever UV Index levels reach 3 and above.
- The College shall work towards a safe College environment that provides shade for students, staff and the College community at appropriate times.
- The College shall encourage students to be responsible for their own sun protection.
- When appropriate, programs on skin cancer prevention and vitamin D shall be included in the curriculum for all year levels.
- Families and new staff shall be informed of the College's Sun Smart Policy.

## 3. Procedures

- 3.1 Staff are encouraged to access the SunSmart UV Alert via [sunsmart.com.au](http://sunsmart.com.au) or via the free Sun Smart App to find out daily local sun protection times to assist with the implementation of this policy.

- 3.2 The College shall encourage a combination of sun protection measures for all outdoor activities from **September to the end of April** and whenever UV levels reach 3 and above.
- 3.3 A shade audit shall be conducted regularly to determine the current availability and quality of shade, particularly as the College grows in enrolments.
- 3.4 The College Board shall aim to ensure there are a sufficient number of shelters and trees providing shade in the College grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- 3.5 The availability of shade is considered when planning excursions and all other outdoor activities.
- 3.6 A 'no-hat/ play in the shade' policy will be enforced at all recess and lunch breaks, as well as during all other outdoor activities whenever UV levels reach 3 and above.
- 3.7 Students are encouraged to use available areas of shade when outside.
- 3.8 Students who do not have appropriate hats or outdoor clothing will be restricted to play in the shade or a suitable area protected from the sun.
- 3.9 Students must provide their own SPF 30+ or higher broad spectrum, water resistant sunscreen and will be encouraged to apply it every two hours when engaged in extended activities outdoors. Students should apply sunscreen every morning before coming to school.
- 3.10 SPF 30+ or higher broad spectrum, water resistant sunscreen is available in Junior School Classrooms, St James Centre, Café and during extended outdoor activities
- 3.11 Parents must advise the College Nurse if their child has a reaction to certain sunscreens
- 3.12 As part of OHS UV risk controls staff will be encouraged to model the correct SunSmart procedures when the UV is 3 and:
  - wear sun protective hats, clothing and sunglasses when outside.
  - apply SPF 30+ or higher broad spectrum, water resistant sunscreen.
  - seek shade whenever possible.
- 3.13 Families and visitors will be encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor College activities.
- 3.14 Where appropriate, SunSmart behaviour shall be reinforced and promoted to the whole College community through newsletters, College homepage, parent meetings, staff meetings, College assemblies, student and teacher activities.