

SUN PROTECTION POLICY

(Formerly SunSmart Policy)



**St Francis Xavier College
Berwick, Beaconsfield & Officer
Last Reviewed October 2020
Next Review January 2024**

Sun Protection

SunSmart is a term used to describe an initiative of the Cancer Council designed to promote human protection from the harmful effects of ultraviolet radiation from the sun. The initiative acknowledges the role of clothing, hats, sunglasses and sunscreen lotions in assisting protection. The Secondary School Sun Protection Program incorporates all aspects of SunSmart within a Secondary School context.

RATIONALE:

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin and eye damage and increases the risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

Adolescence and childhood are critical periods during which sun exposure is likely to contribute to skin cancer later in life. It is estimated that more than 75% of all skin cancers could be prevented by practicing sun protection in childhood and adolescence.

This policy has been developed as part of our commitment to a safe school environment, to reduce the risk to students and staff of exposure to UV radiation from the sun.

Schools have the potential to have a major impact on the level of sun exposure that students may sustain for the following reasons:

- children are at school throughout the high-risk period each day for five days a week.
- the crucial period for sustaining damaging levels of sun exposure occurs during the school years.
- schools can play a significant role in the changing behaviours through education.

This Policy encourages the College to minimise the danger of excessive UV radiation exposure for both staff and students to ensure a healthier environment with long term benefits.

Skin cancer protection strategies are implemented at St Francis Xavier College in the interests of student and staff health, and in the development of a healthy College environment.

FORMULATION:

St. Francis Xavier College's Sun Protection Policy has been developed by Staff, Parents and Student Representative Council Leaders to promote the protection of all students and staff, from exposure to the sun's ultraviolet radiation.

OBJECTIVES

The objectives of this sun protection policy are to:

- increase student and community awareness about skin cancer and sun protection
- encourage the entire College community to use a combination of sun protection measures
- work towards a safe College environment that provides shade for students, staff and the College community
- assist students to be responsible for their own sun protection

IMPLEMENTATION

All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care must be taken in summer months between 10am and 3pm when UV levels reach 3 and above.

Exposure to UV and actions to minimise the risks associated with UV exposure is considered when planning all outdoor events/activities (e.g. sport lessons, assemblies, camps, excursions and sporting events).

The First Aid Coordinator will monitor expected UV levels and communicate high UV warnings to staff and students.

UNIFORM

Sun protective clothing is included in our College uniform/dress code and sports uniform in the following ways:

- The summer uniform/dress code includes a collar that sits close to the neck, above the collarbone.
- The summer uniform/dress code includes longer style skirts/shorts/pants at least to the knee.
- The sport uniform/dress code includes a shirt that covers the shoulders well and a collar that sits close to the neck, above the collarbone.
- The sport uniform/dress code includes longer style skirts/shorts/pants at least to the mid-thigh.
- Students and staff are strongly encouraged to wear approved hats that protect their face, neck and ears (i.e. broad brimmed or bucket hats), whenever they are outside. If students are not wearing hats, they are to be actively encouraged to move into shaded areas. No hats are to be worn in class.
- Staff members are to model appropriate SunSmart behaviours while on Yard Duty in Terms 1 & 4.
- Students are strongly encouraged to wear hats outside during terms 1 and 4.
- Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps do not offer enough protection and are not recommended.
- Students who do not have an appropriate sun protective hat will be asked to stay in shaded areas only.
- Teachers of Physical Education are to wear protective headwear while taking Physical Education classes outdoors in Terms 1 & 4.
- Suitable clothing, hat and sunscreen are required for all camps and excursions.
- Rash vests or T-shirts are strongly recommended for outdoor swimming, when students are waiting to compete.
- Close-fitting wrap-around sunglasses that comply with Australian Standards AS 1067:2003 (Category 2, 3 or 4) are encouraged but optional.

SUNSCREEN

- Whenever it is anticipated that students may be exposed to direct sun for any extended period, and therefore the potential of sunburn, they will be reminded to be sun smart.
- SPF 30+ (or greater) broad spectrum, water resistant sunscreen will also be made available for staff and students' use in these circumstances.

SCHEDULING

- Sun protection is considered when planning all excursions.

St Francis Xavier College recognises that a level of UV exposure is necessary to maintain health. To help maintain adequate vitamin D levels sun protection measures are not required unless the UV index level reaches 3 and above.

Sun protection is required when in alpine regions, near highly reflective surfaces such as snow or water, or outside for extended periods.

ROLE MODELLING

- Staff act as role models by using a combination of sun protection measures as outlined above when the UV level is 3 or above.
- Families and visitors are also encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor College activities.

SHADE

- The College makes sure there is sufficient shelter and trees providing shade in the College grounds particularly in areas where students congregate (e.g. lunch areas, canteen, outdoor lesson areas and popular play areas).
- Shade provision is considered in plans for future buildings and ground
- The availability of shade is considered when planning excursions and outdoor activities.

CURRICULUM

- Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the College curriculum.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole College community.
- Sun safe behaviour is regularly reinforced and promoted to the whole College community through newsletters, College public website, parent/guardian meetings, staff meetings, College assemblies, and student and teacher activities.

PROFESSIONAL DEVELOPMENT FOR STAFF

- Sun protection is included in staff training to enable staff to work safely outdoors and to encourage them to be positive role models.
- Sun protection information is included in staff booklets.
- New staff are given a copy of this policy.

REVIEW OF POLICY

- The Staff, Parents and Student Representative Council Leaders regularly monitor and review the effectiveness of the sun protection policy (at least every three years) and revise the policy when required.

Status of Policy:	
Manager Responsible:	Assistant Principal – Wellbeing
Last reviewed	October 2020
Next Review	October 2023
Approved by:	College Executive 2016