

Sun Protection Policy

V 3.0

PURPOSE

To outline the College's sun protection policy and to:

- Ensure all students and staff are educated about UV radiation
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures during the daily local sun protection times (issued whenever UV levels are 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 to help them be responsible for their own sun protection.
- Support duty of care requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

1. Background

Australia has the highest incidence of skin cancer in the world which is linked to one of the world's higher mortality levels in this area.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin damage and skin cancer is preventable.

Flinders acknowledges it can help reduce the risk of skin cancer by encouraging all members of the College community to take effective measures.

The aim of this policy is to promote among the students, staff, and parents of Flinders:

- Positive attitudes towards skin protection;
- Lifestyle practices, which can help reduce the incidence of skin cancer and the number of related deaths, for example, by using shade and wearing protective clothing;
- Personal responsibility for decision-making about skin protection;
- Awareness of the need for environmental changes in the school to reduce the level of exposure to the sun.

2. Implementation Strategies for Sun Protection

The College maintains a sun protection policy to:

- Provide information on cancer prevention;
- Encourage positive role-modelling of 'sunsmart' behaviour by all members of staff;
- Encourage staff and students to protect themselves adequately from the sun;
- Encourage students without adequate protection to use shaded or covered areas at recess and lunchtime;
- Encourage students to be actively involved in initiatives to protect the college population from excessive exposure to the sun;
- Require students and staff to wear an appropriate hat when at play at lunchtimes.
- Schedule outdoor activity to avoid excessive sun exposure
- Provide for cancellation/postponement of outdoor activities on extreme weather days (refer to Sports Medicine Australia guidelines)

As part of our Physical Education and Sport Programs, the College will expect all students to:

- Wear an appropriate hat for all outdoor sporting activities;
- Wear long or short sleeved, school sports shirts;
- Apply sunscreen to unprotected skin;
- Wear protective sunglasses for outdoor activities when and where appropriate.

3. Legislation and Standards

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

4. Procedures

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the free SunSmart app or at sunsmart.com.au

The sun protection measures listed below are used for all outdoor activities during the daily local sun

protection times (issued whenever UV levels are 3 and above).

4.1 Healthy Physical Environment

Seek *shade*

- The College ensures there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- Shade provision is considered in plans for future buildings and grounds.

4.2 Healthy Social Environment

- UV monitoring via widget on college website
- Provide shelter from the sun (eg. pop up tents, shade sails, tree planting)
- **Slip on** sun protective clothing.
Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose-fitting and made of densely woven fabric. It includes shirts with collars and elbow-length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.
- **Slap on** a hat.
All students are required to wear broad brimmed hats that protect their face, neck and ears whenever they are outside. Peak caps and visors are not considered a suitable alternative.
- **Slop on** sunscreen.
The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students' use.
Sunscreen should be applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours.
- **Slide on** Sunglasses (if practical)
Where practical students 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.

4.3 Learning and Skills

Programs on sun protection and vitamin D are included in the curriculum for all year levels.

4.4 Engaging Children, Educators, Staff and Families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website / intranet, staff and parent meetings, school assemblies, student and teacher activities and on student enrolment / new staff orientation.

As part of OHS UV risk controls and role-modelling, Matthew Flinders Anglican College staff should:

- Wear a sun protective hat, covering clothing and, if practical, sunglasses
- Apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- Seek shade whenever possible.
- Give frequent reminders about re-application of sunscreen

5. Monitoring and Review

The College will regularly monitor and review the effectiveness of the SunSmart policy (at least once every three years) and revise the policy when required by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.

Review: V 1.00 Workplace Health & Safety Officer, December 2015 Review: V 1.02 Principal Review: V 1.03 Principal using SunSmart Policy for Schools template November 2016 Review: V 2.0 Principal February 2017 Review: V 3.0 Principal March 2017	
Contact: Deputy Principal, Primary Authorised by: Principal	Developed: 2015 Initial Review: Eddie Groughan June 2015 Reviewed: Stuart Meade March 2017 Next Review Due: March 2019
This policy may be updated or revised from time to time. The College will not notify you each time the Policy is changed. If you are unsure whether you are reading the most current version, you should contact the Principal's Executive Assistant.	