

# Sun Safe Procedures

## 1. RATIONALE

Queensland has the highest rate of skin cancer in the world. Given students are at school during peak ultraviolet radiation times throughout the day, between 10am and 3pm, schools play a major role in both minimising a student's UVR exposure and providing an environment where policies and procedures can positively influence student behaviour.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature aging. Most skin damage and skin cancer is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours students are at school. As students will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun.

With that in mind, Holy Spirit College realises the need to protect students' skin and educate them about Sun Safety behaviour, thus reducing the risk of skin damage from exposure to the sun.

## 2. PROCEDURES

Our Sun Safety Procedures seek to provide ongoing education that promotes personal responsibility for skin cancer prevention. We aim to provide a safe environment for students, staff and volunteers to learn and work. Through the implementation of sun safety practices it is our goal that students develop life-long sun safe habits that influence future generations.

## 3. IMPLEMENTATION

### 3.1 Education

- The Sun Safety Procedures are included on our College website and references made to Sun Safety in our Student Diary.
- We encourage our teachers to act as positive role models of Sun Safe behaviour.

### 3.2 Uniform/Clothing

- Students are required to wear the College broad-brimmed hat or College cap during all recess break unless undercover and for all outdoor activities.
- The formal uniform includes a shirt with a collar and longer style skirts/shorts/pants to the knee
- Staff are encouraged to wear broad-brimmed hats or a cap (or alternatively use a parasol/umbrella) for all outdoor activities, including yard duty.
- Free Dress Days will adhere to the Sun Safety Procedures.
- Parents are encouraged to wear broad-brimmed hats, bucket hats or a cap (or alternatively use a parasol/umbrella) when participating in and attending outdoor school activities.

### 3.3 Sunscreen

- Students and staff are actively encouraged to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen regularly eg. prior to school, before lunch, Physical Education lessons, sports carnivals and excursions.

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- Sunscreen is easily available in each staffroom for staff and at the Administration Office or Physical Education staff room for student use.

### 3.4 Sport and Physical Education

- Students are actively encouraged to wear the College broad-brimmed hat or a College cap for sport and physical education.
- The College sport uniform includes shirts with collars; singlets are discouraged from being worn for outdoor sporting events.
- For outdoor swimming carnivals and swimming lessons, students are encouraged to wear a rash vest. The use of sunscreen SPF30 is encouraged and provided for staff, students and volunteers. Hats are required to be worn when not swimming.
- For athletic carnivals and excursions, students are required to wear shirts with sleeves; no singlets allowed. Hats are required and the use of SPF30 sunscreen encouraged and provided for staff, students and volunteers.
- 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 where possible.
- Physical Education teachers are required to wear a broad brimmed hat or College cap and encouraged to wear sun appropriate clothing.

### 3.5 Camps and Excursions

- A risk assessment relating to sun exposure is conducted for the planning of outdoor activities and excursions.

### 3.6 Shade

- The College Board ensures shade provision is considered in plans for future buildings and grounds.
- The College Board ensures shade is available in the College grounds particularly in areas where students congregate – for example, lunch areas, canteen and outdoor lesson areas. If this is not possible, the College is working towards increasing and/or maintaining shade (built, portable or natural) in the College grounds.
- Where shade is otherwise not available, temporary shade structures are used 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.

### 3.7 Occupational Safety and Health

- As part of OHS UV risk controls and role modelling, all staff are encouraged to use a combination of sun protection measures (sun protective clothing, broad brimmed hats, sunglasses, sunscreen and shade) when outside.
- Annual review of the College Sun Safety Procedures.



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### 3.8 General Awareness and Reminders

- The College actively promotes a positive culture around sun protection ie. via College newsletters, assembly announcements and the College website.

### 3.9 Professional Learning

- New staff are advised of the Sun Safety Procedures as part of their induction.
- Teaching staff are encouraged to complete Cancer Council's free online professional learning modules at [www.GenerationSunSmart.com](http://www.GenerationSunSmart.com)

## 4. REFLECTION MATERIAL

Cancer Council Australia Sun Protection Information

Queensland Government – Sun Safety Guidelines for Qld Schools and Committee

Holy Spirit College Workplace Health and Safety Guidelines