



SUN SAFETY POLICY

FEBRUARY 2017

1. PURPOSE

The aims of this sun safety policy are to promote amongst students, staff and parents:

- i. Positive attitudes towards skin protection.
- ii. Education on the importance of sun protection.
- iii. Personal responsibility for and decision-making about skin protection.
- iv. Awareness of the need for environmental changes in the school to reduce the level of exposure to the sun.

2. POLICY STATEMENT

A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

3. SCOPE

This policy applies to all students and staff members at St Patrick's.

4. GUIDING PRINCIPLES

- i. Every year, in Australia:
 - a. Skin cancers account for around 80% of all newly diagnosed cancers.
 - b. Between 95% and 99% of skin cancers are caused by exposure to the sun.
 - c. GPs have over 1 million patient consultations per year for skin cancer.
 - d. The incidence of skin cancer is one of the highest in the world, two to three times the rates in Canada, the US and the UK.

(Source: Cancer Council Australia)

- ii. With this in mind, St Patrick's Primary School acknowledges the importance of sun protection, encouraging all members of the school community to take effective skin protection measures. By the age of fifteen many children have developed irreversible skin damage due to sun exposure. Sunburn and even a mild redness are indicators of skin damage. Most skin damage and skin cancer is preventable through reducing exposure to the sun.

5. RESPONSIBILITIES

- i. Principal
 - a. Ensure that adequate shade is provided at sporting carnivals and outdoor events.
 - b. Reinforce regularly the sun safety policy in a positive way through assemblies, newsletters and parent meetings.
- ii. Staff
 - a. Organise outdoor activities in areas of shade whenever possible.

- b. Practise sun safety behaviour, i.e. wear protective hats, use a SPF30+ broad-spectrum water-resistant sunscreen; seek shade whenever possible, wear a hat outdoors.
 - c. Incorporate programs on skin cancer prevention in the PD/Health curriculum.
 - d. Encourage students to use available areas of shade for outdoor play activities.
- iii. Students
- a. Wear their school hat whenever they are outside e.g. lunchtime, sport, outdoor excursions.
 - b. Play under the COLA if they do not have their hats with them.

6. BUDGET

The school will make provision each year in its annual budget for professional development opportunities for the staff in regard to this area.

7. NEXT REVIEW DATE

This policy will be reviewed in 2020 in consultation with relevant staff.

8. DEFINITIONS

- i. UVR: Ultraviolet radiation: comprises long-wave (UVA) and short-wave (UVB) rays. Both can penetrate glass and clothing. Their effects are cumulative, leading to skin cancer, skin aging and eye damage.
- ii. SPF: Sun Protection Factor. The number rates the protection provided by the various sunscreens. The higher the SPF number, the greater the degree of protection.
- iii. COLA: Covered outdoor learning area.

9. LEGISLATIVE / PROFESSIONAL GUIDELINES

www.sunsmart.com.au