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# Corpus Christi Catholic School Bellerive

## Sun Protection Policy

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<b>Date</b>	<b>2 December 2014</b>
<b>Version No</b>	<b>1</b>
<b>Responsible Person</b>	<b>Mary Turnock</b>
<b>Approved By</b>	<b>Mary Turnock</b>
<b>Review Date</b>	<b>2 December 2017</b>
<b>Related Documents</b>	<b>Forms 25a to 25e</b>

# SUN PROTECTION POLICY

## PURPOSE

The purpose of this *Policy* is to establish guidelines for the school, employees, students, parents and volunteers to comply with the School Sun Protection Policy based on recommendations made by SunSmart and Cancer Council Tasmania.

Over-exposure to UV (ultraviolet) rays causes sunburn, skin damage and increased risk of skin cancer. **Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.** However, some skin exposure to the sun's UV rays is needed for the production of vitamin D, vital for maintenance of healthy bones, teeth and general good health.

The policy aims to ensure students and staff maintain a healthy UV balance all year round and encourages sun protection **when UV Index levels reach 3 and above and safe sun exposure for vitamin D.**

## POLICY FRAMEWORK

We acknowledge that health, safety and well being of people are central to the values of the school.

The school also recognises that it is responsible and accountable for ensuring, so far as is reasonably practicable, the health and safety of students, staff and other persons who either enjoy or use the services and facilities of the school.

To meet these social, moral, and legal obligations the school is committed to:

- The provision and maintenance of an environment which minimises risks to health, safety and wellbeing.
- The provision of guidelines for a year round approach to sun safety and safe sun exposure for Vitamin D.

## POLICY CONTENT

To support this *Policy*, the school shall implement and monitor SunSmart recommendations made by Cancer Council Tasmania.

**From mid-September to mid-April**, when average peak UV levels in Tasmania reach 3 and above staff and students are encouraged to use a combination of sun protection measures.

**To help maintain adequate vitamin D levels** sun protection will not be used from mid-April to mid-September, when average peak UV levels are below 3 unless in alpine regions, near highly reflective surfaces such as water and snow or outdoors for extended periods.

All students and staff while at school, shall be encouraged to:

- Take reasonable care for their own health and well being.
- Co-operate with any reasonable policy or procedure of the school in relation to health and well being.
- Participate in education sessions to support the objectives of this *Policy*.

## Strategies

- Staff or students are encouraged to check the UV Alert on a daily basis.  
<http://www.bom.gov.au/tas/uv/index.shtml>

### 1. Clothing

- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming.
- Clothing exposing large amounts of shoulder and upper torso eg. singlets, tank tops and strappy dresses are not considered suitable.

### 2. Sunscreen

- The use of SPF 30+ (or greater), broad-spectrum sunscreen is encouraged.
- Where possible SPF 30+ broad-spectrum water-resistant sunscreen is available for use.
- Sunscreen shall be applied 20 minutes before going outdoors and reapplied every 2 hours if outdoors for extended periods.

### 3. Hats

- Students shall wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps do not offer enough protection and are not recommended.

### 4. Shade

- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. The use of these areas is encouraged.
- Availability of shade is considered when planning excursions and all outdoor activities.

### 5. Sunglasses

- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged but optional.

- **Students without a sun-safe hat or clothing shall play in areas protected from the sun.**

- **Advice for darker skinned children**  
Students with naturally very dark skin (skin types 5 and 6 – see Fitzpatrick Skin Type Chart) may need 4-6 times as much sun for vitamin D production and do not need long-sleeved tops or sunscreen, unless outdoors for extended periods. However, they shall still wear hats or sunglasses to protect their eyes when UV is 3 or above.
- **Staff OHS, role modelling and education**
  - When UV is 3 and above staff shall role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.
  - Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
  - Programs on skin cancer prevention and vitamin D are included in teaching programs for all year levels
  - SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, meetings, assemblies and upon enrolment.
- **Planning**
  - Sun protection policy shall be reflected in the planning of all outdoor events and excursions.
  - Where possible, outdoor activities shall be planned away from the middle of the day during the period mid-September to mid-April (when UV levels reach 3 and above).
- **Review**
  - School's sun protection policy shall be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.

## RELATED GUIDELINES AND PROCEDURES

- 25a Vitamin\_D\_flyer
- 25b Being Sun Smart in Tas
- 25c FitzpatrickSkinTypeChart
- 25d Sunscreen info sheet 2012
- 25e SunSmart Eyes

## SUPPORT RESOURCES

<http://www.cancertas.org.au/healthy-living/sunsmart/sun-protection>

<http://www.cancertas.org.au/healthy-living/sunsmart/sunsmart-schools-and-centres>

## POLICY RESPONSIBILITY

The person responsible for the implementation of this *Policy* is Mary Turnock.

## POLICY REVIEW

**Date of First Issue:** Apr 2014  
**Doc. No. & Title:** 25 Sun Protection Policy

**Status:** Rev 0

**Last Review Date:** April 2014  
**Next Review Date:** April 2017

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The *Policy* shall be reviewed every three years, or in the event of any information, incident, injury, or illness that would demonstrate the need for a review, or resulting from any legislative or organisational change that would warrant a review.

<b>POLICY DATES</b>			
<b>Formulated</b>	April 2014	<b>Adopted</b>	2 December 2014
<b>Implemented</b>	2 December 2014	<b>Reviewed</b>	
<b>Next Review Due</b>	2 December 2017		
<b>POLICY AUTHORISATION</b>			
<b>Principal</b>	Mary Turnock	<b>Signature</b>	<i>M. E. Turnock.</i>