
St Patrick's Catholic School

Sun Protection Policy



Date	October 2015
Version No	1
Responsible Person	Rodney Linhart
Approved By	Rodney Linhart
Review Date	2018
Related Documents	Forms 25a – 25e

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.**

- **To help maintain adequate vitamin D levels**

From mid-September to mid-April when UV is usually 3 and above

- Most Tasmanians need sun protection.
- 10 minutes in the sun is recommended mid-morning (11am) and/or mid-afternoon (3pm) to as much skin as possible for vitamin D.
- Take extra care in the middle of the day when UV levels are highest.
- **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 only require a hat and/ or sunglasses to protect their eyes. It is not usually necessary for people with this type of skin to wear sunscreen and they will require about 30-90 minutes in the sun a day at mid-morning or mid-afternoon.

From mid-April to mid-September when UV level is usually below 3

- Hats and sunscreen are not required.
- 30 minutes in the sun to as much skin as possible is recommended in the middle of the day for vitamin D.
- A hat or sunscreen are required if near reflective surfaces (snow or water) or outdoors for most of the day.
- **Students with naturally very dark skin** will need 1.5 hours to 3 hours in the sun a day in the middle of the day (as this is not practical on a school day supplementation may need to be considered by parents). A hat or sunglasses are required to protect the eyes if these students are near reflective surfaces.

- **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 Fact Sheet One being SunSmart in Tasmania

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 Rod Linhart.

POLICY REVIEW

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.

POLICY DATES			
Formulated	October 2015	Adopted	
Implemented		Reviewed	
Next Review Due	OCTOBER 2018		
POLICY AUTHORISATION			
Principal	Rod Linhart	Signature	