


## Sun Protection Policy

POLICY DATES: JOHN CALVIN SCHOOL SUN PROTECTION POLICY			
Formulated			
Implemented		Reviewed	
Next Review Due			
POLICY AUTHORISATION			
Principal	Daniel Coote	Signature	



# John Calvin School

## Sun Protection policy

### Rationale

Cancer Council Tasmania recognises the importance of promoting healthy sun protection practices through policy development in schools, therefore, has developed this policy to ensure that students and staff are protected against overexposure to UV.

Over-exposure to ultraviolet (UV) radiation in childhood and adolescence is a major risk factor for developing skin cancer later in life. Schools can play a significant role toward reducing the life time risk of skin cancer.

The sun protection policy has been developed to ensure that all students, teachers and the school community are protected from skin damage caused by harmful UV radiation from the sun.

In Tasmania, the UV is 3 and above from September to April and safe sun exposure for vitamin D (May to August). Therefore, schools need to implement sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UVR risks.

### Objectives

- Ensure staff and students are protected from over-exposure to UV;
- Educate staff and students on appropriate sun protection;
- Ensure the outdoor environment provides shade for staff and students;
- Support duty of care and regulatory requirements; and
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

### Strategies

- Staff and students are encouraged to check and record the sun protection times on a daily basis at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, [www.myuv.com](http://www.myuv.com) or on the free SunSmart app.
- In Tasmania average peak UV levels reach 3 and above from September to April. Staff and students will use the following sun protection measures when UV levels are 3 and above:

#### 1. Shade

- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas.
- Students are actively encouraged to use available areas of shade when outdoors.

- Availability of shade is considered when planning excursions and all outdoor activities.  
A shade audit is conducted regularly to determine the current availability and quality of shade. Students without a sun-safe hat or clothing must remain in the shade.

## 2. Hats

- All students and teachers are required to 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 and sun visors do not offer enough protection and are not recommended.

## 3. Clothing

- Sun-safe clothing is included in the 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 (singlets, tank tops and strappy dresses) are not considered suitable.

## 4. Sunscreen

- The use of broad-spectrum, water resistant, SPF 30 or higher sunscreen is required.
- Students are encouraged to provide their own broad-spectrum, water-resistant SPF 30 or higher sunscreen. This should also be available for use at the school.
- Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours when outside for long periods (more frequently if swimming and sweating).

## 5. Sunglasses

- Close-fitting wrap-around sunglasses that comply with Australian Standards 1067 (Category 2, 3 or 4) are encouraged but optional.

### To help maintain adequate vitamin D levels

Sun protection will not be used from May to August, 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.

### Staff WHS, role modelling and education

- When UV is 3 and above staff will 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.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.
- Programs on skin cancer prevention 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**

- Ensure SunSmart policy is reflected in the planning of all outdoor events and excursions.
- Where possible, outdoor activities will be planned away from the middle of the day during the period September to April (when UV levels reach 3 and above).

### **Review**

The school's sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.