

<b>School Policy:</b>	Sun Protection Plan
<b>Development:</b>	2016
<b>Renewal Date:</b>	2019
<b>Related Policies and Procedures:</b>	<i>Uniform Policy</i> <i>Excursion Procedures</i> <i>ED Sun (uv) Protection for Students</i> <a href="http://www.det.act.gov.au/policies/pdf/sunpro.pdf">http://www.det.act.gov.au/policies/pdf/sunpro.pdf</a> <a href="#"><u>Work Health and Safety Act 2011</u></a> <a href="#"><u>Work Health and Safety Regulations 2011</u></a>

## Rationale

Australia has amongst the highest incidence of skin cancer in the world. Overexposure to the sun's ultraviolet radiation (UVR) during childhood *and* adolescence is known to be a major cause of skin cancer later in life including melanoma. Adulthood/occupational exposure also play an important role in the development of skin cancer.

Amaroo School's Sun Protection plan has been developed to ensure that all students *and* staff are aware of the skin damage that can be caused by overexposure to the ultraviolet rays of the sun and provide practical measures to reduce UVR exposure as much as reasonably practicable.

## Implementation

Effective sun protection practices help reduce a child's risk of skin and eye damage and ultimately skin cancer. A combination of the 5 sun protection behaviours are considered when planning ALL outdoor experiences when UV levels reach 3 and above.

This policy will therefore be implemented from the beginning of August through to the end of May.

I.e. Beginning of August is hats ON for all of us.

The end of May is hats OFF day.

Due to low UV levels around June and July in Canberra (under 3) sun protection will not be enforced during this period. This is to assist students and staff to maintain adequate vitamin D levels during the winter period.

## Behaviour

- Require that students (primary and secondary) and staff wear a broad-brimmed, bucket or legionnaire's hat whenever they are spending time outside and UV levels are 3 and above (i.e. August to May) . I.e. lunch time and PE etc.
- Require students to wear the school uniform based on sun protective clothing (collar and longer sleeves, longer shorts and hats). Encourage that rash vests (or at least t-shirts) when participating in all day outdoor events such as the school swimming carnivals.
- Under Work Health and Safety legislation, all staff are required to wear appropriate hats (not caps) and clothing to minimise their Occupational UV exposure when working outdoors.

- Encourage children to use available areas of shade for outdoor activities.
- Require staff and encourage parents to act as role models by practising Sun Protection behaviours.
- The school and staff are aware of their Work Health and Safety responsibilities and duties of care. Occupational UV Exposure is a serious Work Health and Safety hazard for workers who spend time outdoors.
- Encourage students and staff to use sunscreen where appropriate (recommended at least SPF 30+ broad-spectrum water resistant). Sunscreen should be applied 15-20 minutes before outdoor experiences and reapplied after 2 hours.
- Sunscreen will be made available to all students and staff at sunscreen application spots in the school.
- Where practicable students are given daily opportunities and reminders to apply sunscreen. Ie before lunch and PE etc.
- Encourage parents to establish a routine of application of sunscreen where appropriate, ie students should come to school with sunscreen already applied.
- The school will encourage the wearing of sunglasses. (AS1067) A close fitting wrap-around will offer best protection.
- Students who do not wear an appropriate hat or clothing will be directed to play in a shaded area or remain inside.
- Encourage staff to access the Daily SunSmart Web Widget to assist them with sun protection times. The SunSmart Widget is located on the school's website.
- Teachers are encouraged to choose Generation SunSmart as their TQI Teacher Identified Activity.

### Curriculum

- Incorporate programs on skin cancer prevention and awareness into the curriculum of all grade levels.
- Regularly reinforce Sun Protection behaviour in a positive way through newsletters, parent meetings, assemblies, website and all outdoor school activities etc.
- Ensure that the Sun Protection plan is reflected in the planning of outdoor events (camps, excursions, sporting events etc.)

### Environment

- Where possible, minimise outdoor activities between 11:00am and 3:00pm during daylight savings/summer time (Term 1 and Term 4).
- Where possible organise outdoor activities to be held in areas with ample shade.
- Ensure that parents and students are reminded of sun protection measures in permission notes for excursions and sporting events.
- Maintain and take opportunities to improve shade areas in the school. Including the planting of trees for future generations.
- Avoid planning all-day outdoor activities and events during the daylight saving/summer period.

Amaroo School was awarded Cancer Council SunSmart status in July 2010. As a member of the National SunSmart Schools Program the school will submit a copy of this plan to be reviewed every 3 years to Cancer Council ACT. The school will update this plan if necessary to maintain high national SunSmart standards. View our current online SunSmart Certificate here: <http://www.actcancer.org/prevention/sunsmart/act-schools-and-early-childhood-services/national-schools-program/view-your-sunsmart-certificate/>

Our school's Sun Protection behaviour and plan will be positively promoted to all staff, families and students throughout the year.

Next SunSmart Review will be in June 2019

Approved by the Board 16 May 2016