



## Sun Protection Policy

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### PREFACE

Shearwater, the Mullumbimby Steiner School, is hereby referred to as 'the School'.

Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70. Yet, using sun protection measures at appropriate times of the year can prevent most skin cancers.

The sun's ultraviolet (UV) radiation is the major cause of skin cancer. Too much UV exposure can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer later in life.

### 1 OBJECTIVE

Cancer Council launched the National SunSmart Schools program in 1998. SunSmart Schools are required to have a written sun protection policy that meets the minimum standards relating to sun protective behaviours, environment and curriculum.

The goals of the Sun Smart Guidelines are to:

- Increase student and community awareness about skin cancer and sun protection;
- Encourage the entire school community to use a combination of sun protection measures all year round;
- Work towards a safe school environment that provides shade for students, staff and the school community;
- Assist students to be responsible for their own sun protection;
- Ensure that families and new staff are informed of the school's Sun Smart policy.

### 2 SCOPE

This policy applies to all employees, students, parents and visitors.

### 3 RESPONSIBILITIES AND DELEGATIONS

All students and staff must use a combination of sun protection measures throughout the day to ensure they are well protected.

#### 3.1 Scheduling Outdoor Activities

- Where possible outdoor activities (assemblies, sport, PE, etc.) are scheduled outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time).
- Where possible, we aim to have outdoor activities or events earlier in the morning or later in the afternoon and use indoor venues.

#### 3.2 Shade

- The School ensures shade is available in the school grounds, particularly in areas where students congregate – for example, lunch areas, canteen, and outdoor lesson areas.

- The School ensures shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning all outdoor activities and excursions.
- Students are encouraged to use available areas of shade when outside, particularly if they do not have appropriate hats or outdoor clothing.

### **3.3 Hats**

- The SunSmart guidelines specify that SunSmart hats protect the face, neck and ears (legionnaire, broad-brimmed or bucket hats). Baseball caps do not offer enough protection and are not recommended.
- Students are required to wear SunSmart hats during outdoor activities between the hours of 10am and 3pm as per the NSW Cancer Council's recommendations. All High School students are required to keep a hat at school for the use during sport and other outdoor activities.
- SunSmart hats are supplied as PPE in the farm for outdoor lessons.
- The School will provide Primary School students with an approved SunSmart hat.

### **3.4 Clothing**

Although the School does not have a uniform, students are required to follow a dress code. 'Students are required to wear clothing that is in line with the SunSmart guidelines. SunSmart clothing is cool, loose-fitting, sun protective clothing made of densely woven fabric including shirts with collars and elbow-length sleeves, skirts and dresses are to be as at least mid-thigh length and rash vests or t-shirts for outdoor swimming'.

### **3.5 Sunscreen**

- SPF30+ broad-spectrum sunscreen is available for staff and students use.
- Sunscreen is available for all outdoor activities such as sport, PDHPE, camps and excursions.
- Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
- Sunscreen is stored in a cool place, out of the sun and the expiry date is monitored.

### **3.6 Role modelling of Staff and Visitors**

Staff model the Sun Protection Policy by;

- Wearing SunSmart hats (broad brimmed, bucket or legionnaire hats) and clothing outside;
- Wearing SPF 30+ broad spectrum, water resistant sunscreen during outdoor activities;
- Seeking shade whenever possible during outdoor activities;
- Encouraging families and visitors to use a combination of sun protection measures (SunSmart clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor school activities.

## **4 Curriculum**

- Sun protection and skin cancer awareness is incorporated into appropriate areas of the school curriculum.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole School community.
- The School's Sun Protection Policy is available for the whole School community.

## **5 Related Legislation, Policies & Procedures**

- Primary School Code of Conduct
- High School Code of Conduct
- National SunSmart Schools program
- Work Health and Safety Act 2011 - NSW Legislation

## **6 Roles & Responsibilities**

- The School will regularly monitor and review the effectiveness of the Sun Protection Policy.
- The School's Sun Protection Policy will be updated and submitted to Cancer Council NSW once every three years.
- The Board is responsible for ensuring that this policy is reviewed for effectiveness and updated on a regular basis.

## DOCUMENT HISTORY

Version:	Date approved:	Description of changes made from previous version
V1		
Draft B		
Draft A	NA	
Next review date:		

Version:	Author:	Reviewed by:	Approved by:
V1	L. Wigmore	J. Goodlet	Board
Draft B			
Draft A			NA