
Emmaus Catholic College

Kemps Creek



Sun Safe Policy/Guidelines 2014

**November 2013
To be reviewed December 2014**

Sun Safe Policy

Rational

Australia has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80 per cent are skin cancers. Given students and staff are at school during peak ultraviolet radiation (UVR) times throughout the day, between 10am and 3pm, schools play a major role in both minimizing UVR exposure and providing an environment where policies and procedures can positively influence sun safe behaviours.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable. Ultraviolet radiation (UVR) levels are highest during school hours. As children and staff will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun. With this in mind Emmaus Catholic College realises the need to protect its students' and staff members' skin and educate them about sun safe behaviour, thus reducing the risk of skin damage from exposure to the sun.

Aims

The policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- Provide environments that support sun safe practices; and
- Create an awareness of the need to reschedule work commitments and outdoor activities to support sun safe practices.

Our College recognises that winter sun also contributes to skin damage. This policy will therefore be implemented throughout the year. Students, their parents/ care givers and staff will be made aware and reminded of the Sun Safety Policy through a variety of methods such as Staff Handbook; school website; assemblies and in PDHPE classes and sport.

The purpose of this sun safety policy is to ensure all students and staff members attending our College are protected from the harmful effects of the sun throughout the year.

GUIDELINES

Inform parents of the school's Sun Safety policy when they enrol their child;

Inform new staff of the school's Sun Safety policy upon commencement of duties;

Include the Sun Safety policy in staff handbook;

Communicate sun protection requirements in packing lists and permission letters for sport, excursions and camps.

Increase the amount of shade in the school grounds, where possible, by building shelters and planting trees;

Incorporate education programs that focus on skin cancer prevention into the school curriculum across all year levels and subject areas;

Encourage all teachers and staff to act as positive role models of sun safe behaviour;

Seek ongoing support from parents and the school community for the Sun Safety policy and its implementation, through newsletters and parent meetings;

Encourage all students and staff wear hats that protect the face, neck and ears and SPF 30+ broad-spectrum, water-resistant sunscreen, when involved in outdoor activities;

Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times;

Ensure wherever practicable that outdoor activities take place before 10am and after 3pm;

Ensure adequate shade is provided at sporting carnivals and other outdoor events;

Encourage the wearing of sunglasses for outdoor lessons;

Ensure SPF 30+ broad-spectrum, water-resistant sunscreen is included in school sports kits and is readily available for students and staff;

Have SPF 30+ broad-spectrum, water-resistant sunscreen listed with other items students are required to buy for the school year; and Review the Sun Safety policy annually.

Our Expectations

Students and Staff will

- Be aware of the school's Sun Safety policy;
- Use shaded or covered areas when outdoors;
- Take responsibility for their own health and safety by being sun safe;
- Comply with Sun Safety rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses;
- Act as positive role models for other students in all aspects of sun safe behaviour;
- Help to design and regularly update the Sun Safety policy; and participate in initiatives to protect the school population from excessive exposure to the sun.