

# Sun Protection (Students) Policy

This policy follows the authority provided in Australian National Standards for Eye and Face Protection; Playground equipment and surfacing and Sun Protective Clothing; and was written in consultation with Cancer Council Victoria's SunSmart Program.

## The Hazard - Sun Exposure

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has one of the highest rates of skin cancer in the world. Skin cancers account for 80% of all new cancers diagnosed in Australia each year. Melanoma is the most diagnosed cancer for 15 – 44 year olds.

## Thomas Carr College's Policy

Thomas Carr College is committed to providing a safe working environment for all our students, staff and visitors.

It is our policy to:

- increase student and community awareness about skin cancer and sun protection
- encourage the entire College community to use a combination of sun protection measures
- work towards a safe college environment that provides shade for students, staff and the College community
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of this policy
- support student duty of care requirements
- support appropriate workplace safety strategies to minimise UV risk and associated harms for staff and visitors.

## Sun Protection Strategies

Thomas Carr College has developed the following sun protection strategies:

### General

- Staff and or students can check the daily local sun protection times. This can be accessed from our college homepage. The sun protection times are a forecast from the Bureau of Meteorology for the time of day that UV levels are forecast to reach three or above. At these levels, sun protection is recommended for all skin types.
- All students and staff are encouraged to use a combination of sun protection measures throughout the day whenever UV levels are three or above to ensure they are well protected at the appropriate times. UV levels are typically 3 and above from mid-August to the end of April. Active outdoor play is encouraged throughout the day all year, provided appropriate sun protection measures are used when UV is 3 and above.

### Shade

- The College has ensured there is sufficient shelter and trees providing shade in the college grounds particularly in areas where students congregate (e.g. lunch areas, canteen, outdoor lesson areas and popular play areas).
- Shade provision is considered in plans for future buildings and grounds.
- College grounds have been designed with areas of effective summer shade from either trees or built elements, or both. Grounds which comply with Australian Standard AS 4685.0:2017, Playground equipment and surfacing - Development, installation, inspection, maintenance and operation, are encouraged but optional. Refer to Supervision & Inspection - Playground.
- The availability of shade is considered when planning excursions and outdoor activities.
- Students are encouraged to use available areas of shade when outside. Students who do not have appropriate hats or outdoor clothing are encouraged to stay in an area protected from the sun.

### Hats

- Students are encouraged to wear hats that protect their face, neck and ears whenever they are outside.
- Students who do not have an appropriate sun protective hat will be encouraged to stay in shaded areas only.
- During Term 1 and 4, students are encouraged to wear the College cap to and from school, during recess and lunchtime, excursions and during outdoor classes (e.g. PE)

### Sunscreen

- Parents/carers are responsible for providing students with their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen to be used while at school or participating in college activities.

- SPF 30+(or greater) broad spectrum, water resistant sunscreen will also be made available by the college for staff and students' use
- Sunscreen should be applied in accordance with the manufacturer's directions. Ideally sunscreen should be applied before school, and reapplied during recess and lunchtime.

#### *Sunglasses*

- Close-fitting wrap-around sunglasses that comply with Australian Standards AS/NZS 1067.1 2016, Eye and face protection - Sunglasses and fashion spectacles, Part 1: Requirements (Sunglasses:lens category 2, 3 or 4) and cover as much of the eye area as possible are encouraged but optional.

#### *Role Modelling*

- Staff act as role models by using a combination of sun protection measures as outlined above when the UV level is 3 or above.
- Families and visitors are also encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor college activities.

#### *Curriculum*

- Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the college curriculum.
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole College community.
- Sun safe behaviour is regularly reinforced and promoted to the whole College community through newsletters, College public website, parent meetings, staff meetings, College assemblies, student and teacher activities and on student enrolment.

#### *Uniform*

Sun protective clothing is included in the College uniform/dress code and sports uniform. This includes clothing with:

- elbow length sleeves
- shirts and tops that cover shoulders, with a collar that sits close to the neck, above the collarbone
- appropriate hats
- appropriate sunglasses
- other appropriate sun protective clothing.

Sun protective clothing with a UPF rating, in compliance with Australian Standard AS/NZS 4399:2017, Sun protective clothing – Evaluation and classification, is encouraged but optional.

Refer to Uniform Policy.

#### **Scheduling and Planning**

Sun protection is considered when planning all outdoor events (e.g. assemblies, camps, excursions and sporting events).

Before commencing an inter-state excursion, the organising staff will check the daily local sun protection times of the relevant state/territory, and continue to monitor these times for the duration of the excursion. Refer to the Excursions Policy.

#### **Implementation**

This policy is implemented through a combination of:

- staff and student training and awareness of issues relating to skin and safe sun exposure
- implementation of sun protection measures
- effective notification procedures
- effective communication procedures
- effective record keeping procedures
- initiation of corrective actions where necessary.

**Related Policies**

Student Duty of Care Program  
Workplace Safety Program  
Heat Stress Policy  
Personal Protective Equipment Policy  
Sun Protection (General Staff) Policy  
Sun Protection (Outdoor Staff) Policy  
Adverse Weather Policy  
Supervision & Inspection - Expectation on College Grounds  
Uniform Policy  
Excursions Policy

**External Resources**

SunSmart  
Cancer Council  
UV and Sun Protection Times  
ARPANSA: Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation  
Therapeutic Goods Administration (TGA) Australian regulatory guidelines for sunscreens  
Generation SunSmart – free online training modules for staff and senior students

**Policy status:** New

**Key Stakeholders:** College staff, students and parents

**Endorsement Body:** College Executive

**Ratification Body:** College Board Policy

**Author:** Core Wellbeing Team

**Date of Approval:** 2018

Date of Scheduled Review: 2021

**The content of this policy can be changed at the College Board's discretion at any time without notification.**