



## SUN AWARENESS POLICY

### 1. RATIONALE

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 the highest rate of skin cancer in the world. Skin cancers account for 80% of all new cancers diagnosed in Australian each year. Melanoma is the most diagnosed cancer for 15-44 year olds.

### 2. SCOPE

The scope of this policy relates to all students and staff.

### 3. BACKGROUND

Childhood exposure to UV radiation contributes significantly to the development of skin cancer in later life. Educating school children and reducing their UV exposure is expected to have a major impact on the future incidence of skin cancer in Australia. Over-exposure during adulthood also increases the risk of skin cancer. It is equally important that all teachers and staff members are aware of their own occupational UV exposure and protect themselves by adopting a combination of sun protection when UV levels reach 3 and above.

### 4. DEFINITIONS

Sun Awareness is the practice of taking simple steps to reduce overexposure to UV rays while still enjoying the outdoors. Everyone can practice sun safety.

### 5. LEGISLATION

Nil

### 6. POLICY

St Hilda's is committed to providing a safe working environment for all our students.

It is our policy 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;
- Work towards a safe school that provides shade for students, staff and the School community;
- Assist students to be responsible for their own sun protection.

St Hilda's has developed the following sun protection strategies:

- All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care must be taken in summer months between 10am and 3pm when UV levels reach their peak;
- The School makes sure there is sufficient shelter and trees providing shade in the School grounds particularly in areas where students congregate (e.g. lunch areas);

- The availability of shade is considered when planning excursions and outdoor activities.
  - Students are actively encouraged to use available areas of shade when outside. Students who do not have appropriate hats or outdoor clothing are asked to stay in an area protected from the sun.
- Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the School curriculum
- Sun smart behaviour is regularly reinforced and promoted to the whole school community.

## 7. GUIDELINES

### 7.1 STUDENTS

Students are encouraged to take personal responsibility for the prevention of skin cancer.

- They should apply sunscreen before coming to school and before all physical education lessons (sunscreen is available in the Physical Education Department), and before school training sessions. Sunscreen is available in classrooms (JK-6) and in the Student Wellbeing Centre at the Bay View Campus.
- They should protect their face and head from the sun by wearing the approved school hat (JK-12) when travelling to and from school, and whilst in the School grounds. Junior School students have a 'no hat no play' rule for recess and lunch.
- They should wear one of the approved school hats (JK-12) while seated in the School grounds, during physical education lessons and School training sessions.
- Junior school students are to wear a sun-safe jammer (K-PP), and bathers and rash vest (1-6) when swimming in the pool.
- Senior school students are strongly advised to wear sun-protective clothing when swimming in the pool or when involved in other water activities, i.e. windsurfing, surfing, and sailing.

### 7.2 STAFF

- Staff, including coaches, instructors and grounds staff act as role models by:
  - Wearing sun protective hats, clothing and sunglasses when outdoors;
  - Applying SPF 30+ broad spectrum, water resistant sunscreen;
  - Seeking shade whenever possible
- ALL Senior School students should wear a school hat when sitting in the grounds during recess and lunch in Term 1 and Term 4 (this includes shaded areas).
- ALL Junior School students should wear a school hat when sitting and playing in the grounds during recess and lunch all year round (this includes shaded areas).
- Students are not to sit in the sun or sunbathe.
- ALL students participating in outdoor sport are to wear hats.
- Students are to apply sunscreen when applicable.
- Suitable protective clothing is to be encouraged when on camps and Community Service Days, etc.
- Boarding Staff are to enforce the above policy outside normal school hours.
- Staff are required to enforce policy when students are involved in off campus activities (e.g. camps, field trips, excursions).
- Teachers conducting classes outside must plan ahead to make sure students have hats and where possible students are in shaded areas.

## 8. BREACH

If students breach this policy they may be subject to disciplinary actions.

**Responsibility:** Dean of Student Wellbeing and Head of Junior School

**Review Date:** July 2018

**Next Review Date:** July 2019