



## SUN PROTECTION (STUDENTS) POLICY

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*Consistent with our ideal of providing a truly holistic education,  
we include environmental awareness as well as physical and health education ....  
(In the Footsteps of Marcellin Champagnat #137)*

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### 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 Australia each year. Melanoma is the most diagnosed cancer for 15 – 44 year olds.

### Context

#### 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; and
- ensure that families and new staff are informed of this policy.

### 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 the summer months between 9 am and 4 pm or when UV levels reach 3 and above all year round.
- This policy is considered when planning all outdoor events (e.g. assemblies, camps, excursions and sporting events).

### Shade

- The College makes sure 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.



- 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.

## Hats

All students are required to wear hats that protect their face, neck and ears whenever they are outside.

- The Marian and Lavalla Campuses are SunSmart Schools and enforce a policy of all students wearing a wide-brimmed hat whenever recreating outdoors;
- Students and staff on the Marcellin Campus are strongly encouraged to wear approved hats which protect their face, neck and ears whenever they are in the sun. This behaviour is essential during Terms 1 and 4 between the hours of 9.00 am and 4.00pm;
- Baseball caps are not a good option for everyday sun protection because they protect only the scalp and forehead. However, they can be a good option to wear during active recreation when a broad-brimmed hat may be less practical;
- Students attending open courtyard areas without appropriate headwear in Terms 1 and 4 will be directed towards shaded areas; and
- Students attending outdoor events, eg camps, carnivals, assemblies must use headwear when exposed to the sun.

## Sunscreen

Each Campus will make SPF 30+ (or higher) available in close proximity to students in populated outdoor areas.

## Parental Support

Regular College communication will remind parents of the need for them to prioritise Sunsmart habits and supply sunscreen for their children

## Sunglasses

Close-fitting wrap-around sunglasses that comply with Australian Standards AS 1067:2003 (Category 2, 3 or 4) 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.

## Curriculum



- Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the College curriculum;
- Students are encouraged to follow College sun protection initiatives; and
- Sun safe behaviour is regularly reinforced and promoted to the whole College community through newsletters, College homepage, parent meetings, staff meetings, College assemblies, student and teacher activities and on student enrolment.

## Uniform

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

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

## Swimming

When swimming outside in daylight, students should wear "rash" vests or other clothing which provides sun protection. Some exceptions may be made for competitions. Students must wear sunscreen on all exposed skin.

## Scheduling and Excursion Planning

Sun protection is considered when planning all excursions. Before commencing an inter-state excursion, the organising staff will monitor the local conditions to ensure adequate sun protection.