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# St Patrick's Catholic School

## Sun Protection Policy

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<b>Version No</b>	<b>1</b>
<b>Responsible Person</b>	<b>Rodney Linhart</b>
<b>Approved By</b>	<b>Rodney Linhart</b>
<b>Review Date</b>	<b>2025</b>
<b>Related Documents</b>	<b>Forms 25a – 25e</b>

## SUN PROTECTION POLICY

### PURPOSE

The purpose of this *Policy* is to establish guidelines for the school, employees, students, parents and volunteers to comply with the School Sun Protection Policy based on recommendations made by SunSmart and Cancer Council Tasmania.

Over-exposure to UV (ultraviolet) rays causes sunburn, skin damage and increased risk of skin cancer. **Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.**

Schools can play a significant role toward reducing the life time risk of skin cancer.

The sun protection policy has been developed to ensure that all students, teachers and the school community are protected from skin damage caused by harmful UV radiation from the sun.

Sun protection is required when UV levels are 3 and above. In Tasmania, the UV is 3 and above from September to April. Therefore, schools need to implement sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UVR risks.

### POLICY FRAMEWORK

We acknowledge that health, safety and well being of people are central to the values of the school.

The school also recognises that it is responsible and accountable for ensuring, so far as is reasonably practicable, the health and safety of students, staff and other persons who either enjoy or use the services and facilities of the school

To meet these social, moral, and legal obligations the school is committed to:

- Ensure staff and students are protected from over-exposure to UV;
- Educate staff and students on appropriate sun protection;
- Ensure the outdoor environment provides shade for staff and students;
- Support duty of care and regulatory requirements; and
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff and students.

### POLICY CONTENT

To support this *Policy*, the school shall implement and monitor SunSmart recommendations made by Cancer Council Tasmania.

**From the beginning of September to the end April**, when average peak UV levels in Tasmania reach 3 and above staff and students are encouraged to use a combination of sun protection measures

**To help maintain adequate vitamin D levels** sun protection will not be used from May to August, when average peak UV levels are below 3 unless in alpine regions, near highly reflective surfaces such as water and snow or outdoors for extended periods

All students and staff while at school, shall be encouraged to

- Take reasonable care for their own health and well being
- Co-operate with any reasonable policy or procedure of the school in relation to health and well being
- Participate in education sessions to support the objectives of this *Policy*.

## Strategies

- Staff or students are encouraged to check the UV Alert on a daily basis.  
<http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, [www.myuv.com](http://www.myuv.com) or on the free SunSmart app.  
Staff and students will use the following sun protection measures when UV levels are 3 and above:

### 1. Clothing

- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming.
- Clothing exposing large amounts of shoulder and upper torso e.g. singlets, tank tops and strappy dresses are not considered suitable.

### 2. Sunscreen

- The use of SPF 30+ (or greater), broad-spectrum water-resistant sunscreen is encouraged for staff and student use.
- Where possible SPF 30+ broad-spectrum water-resistant sunscreen is available for use at the school in places such as classrooms and around the school yard.
- Students are encouraged to provide their own broad-spectrum, water-resistant SPF 30 or higher sunscreen.
- Sunscreen shall be applied 20 minutes before going outdoors and reapplied every 2 hours if outdoors for extended periods (more frequently if swimming or sweating).
- Sunscreen should be stored in a cool, dry place and the expiry date monitored.
- Strategies are in place to remind students to apply sunscreen before going outdoors.
- Students and staff are encouraged to apply sunscreen before coming to school.

### 3. Hats

- Students shall wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps do not offer enough protection and are not recommended.

### 4. Shade

- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. The use of these areas is encouraged.
- Availability of shade is considered when planning excursions and all outdoor activities.
- A shade audit is conducted regularly to determine the current availability and quality of shade.

### 5. Sunglasses

- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged but optional.

➤ **Students without a sun-safe hat or clothing shall play in areas protected from the sun.**

➤ **To help maintain adequate vitamin D levels**

#### UV Index above 3

In summer, most Australian adults will maintain adequate vitamin D levels during typical day to day outdoor activities. For example, a few minutes of mid-morning or mid-afternoon sun exposure to arms and hands (or equivalent area) on most days of the week should be sufficient to maintain adequate vitamin D levels. Taking care to use sun protection if outdoors for more than a few minutes.

#### UV Index below 3

In late autumn and winter in those parts of Australia where the UV Index is below 3 through most of the day (In Tasmania this is May through to August), sun protection is not recommended (unless at higher altitudes or near highly reflective surfaces). During these times, to support vitamin D production it is recommended that people be outdoors in the middle of the day with some skin uncovered on most days of the week. Being physically active while outdoors will further assist with maintaining vitamin D levels. A brisk walk at lunchtime or gardening are examples of being physically active outdoors.

Outdoor workers have extended periods of sun exposure and therefore it is unlikely that vitamin D deficiency is an issue for this professional group. It is recommended that outdoor workers use sun protection measures throughout the year regardless of the UV Index, as they have an increased risk of skin cancer.

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It is recommended that people who may be at risk of vitamin D deficiency discuss their vitamin D requirements with their medical practitioner to determine if dietary supplementation, rather than sun exposure is appropriate, this includes children with darker skin types.

([Position statement - Sun exposure and vitamin D - risks and benefits - National Cancer Control Policy](#))

➤ **Staff OHS, role modelling and education**

- When UV is 3 and above staff shall role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
- Programs on skin cancer prevention and vitamin D are included in teaching programs for all year levels
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, meetings, assemblies and upon enrolment.

➤ **Planning**

- Sun protection policy shall be reflected in the planning of all outdoor events and excursions.
- Where possible, outdoor activities shall be planned away from the middle of the day during the period mid-September to mid-April (when UV levels reach 3 and above).

➤ **Review**

- School's sun protection policy shall be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.

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**Relevant documents/links**

Department of Education: Sun Protection Policy (Doc ID: TASED-4-5152)

Tasmanian Catholic Education Commission: Workplace Health and Safety Policy

Work Health and Safety Act 2012 Tasmania

<https://www.education.tas.gov.au/documentcentre/Documents/Sun-Protection-Policy.pdf>

<http://www.cancertas.org.au/prevent-cancer/sunsmart/>

<http://www.cancertas.org.au/vitamin-d/>

<http://www.generationsunsmart.com.au/>

<http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>

<http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>

[Position statement - Sun exposure and vitamin D - risks and benefits - National Cancer Control Policy](#)

**This Policy relates to the following Legislation and Standard:**

[Work Health and Safety Act](#)

**POLICY RESPONSIBILITY**

The person responsible for the implementation of this *Policy* is Rod Linhart.

## POLICY REVIEW

The *Policy* shall be reviewed every three years, or in the event of any information, incident, injury, or illness that would demonstrate the need for a review, or resulting from any legislative or organisational change that would warrant a review.

POLICY DATES			
<i>Formulated</i>	October 2015	<i>Adopted</i>	
<i>Implemented</i>		<i>Reviewed</i>	11/03/2022
<i>Next Review Due</i>	MARCH 2025		
POLICY AUTHORISATION			
<i>Principal</i>	Rod Linhart	<i>Signature</i>	ROD LINHART