



SUN SMART POLICY

Other Related Documents:

- Penola Staff Handbook
- DEC Sport and Physical Activities in Schools

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DATE OF PUBLICATION	STATUS	DATE TO BE REVIEWED
January 2020	Working Document	January 2022
LAST REVIEWED		
March 2021		

Rationale

Australia has the highest rate of skin cancer in the world. A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Penola Catholic College encourages students and teachers to take care in the sun by promoting a sun safe attitude, sun safe practices and a risk minimisation culture. Through this policy, we endeavour to reduce our risk of harm due to sun exposure whilst in the playground, during outdoor lessons, during sports activities, on excursions, and at sporting events.

Aim

This Sun Smart Policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures all year round, especially whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

This will be achieved by:

- Awareness and education
- Respect for individual rights
- Integration of policy into activities and plans
- Regular review of policy and procedures

Legislation and Standards

- Work Health and Safety Act 2011
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

Policy Implementation

Curriculum:

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all stage levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole College community through newsletters, College website, parent meetings, staff meetings, assemblies, student and teacher activities and on student enrolment, (as a part of our uniform requirements).
- Sun Protection is addressed within the Personal Development, Health and Physical Education curriculum in all stage levels of study (such as Unit 4: Recognising Risks in Year 7)
- Brick and Block, Construction/Carpentry, Landscaping, Primary Industries and Agriculture students address Sun Protection as part of their Occupational Health and Safety Units, learning about and having access to Personal Protective Equipment such as sunscreen, hats, suitable clothing and drinking water to stay hydrated.

Healthy Physical Environment

1. Seek shade

- A shade audit is conducted annually by WHS team, BM and AP to determine the current availability and quality of shade.
- The College Leadership Team makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade and shelter is considered when planning all other outdoor activities and excursions.
- In consultation with the College Leadership Team, shade and shelter provisions are considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shaded areas when outside.
- Students who do not have appropriate hats or outdoor clothing are asked and/or encouraged to play in the shade or a suitable area protected from the sun.

Healthy social environment

2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars, longer style dresses and shorts. Rash vests or t-shirts for outdoor swimming are always recommended.

3. Slap on a hat

- All students are required to wear hats if outdoors, staff are strongly encouraged to wear a hat/cap while outdoors.

4. Slop on sunscreen

- The school supplies SPF 50 or higher broad spectrum, water resistant sunscreen for staff in the lunch room and student's use from Student Services.

5. Slide on sunglasses [if practical]

- Where practical students and staff are strongly encouraged to wear sunglasses that cover as much of the eye area as possible.

Resources:

Engaging children, educators, staff and families

- Staff and families are provided with information on sun protection and vitamin D through family newsletters and the College Website.
- As part of WHS UV risk controls and role-modelling, staff, families and visitors:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
 - apply sunscreen
 - seek shade whenever possible

Sunscreen is available for all students in Student Services as well as in the PDHPE storeroom for practical classes and in all first aid backpacks. Sunscreen is also available for staff in the staff lunch room.

Links for Sun safety will be available on the College website:

Sun Safe Practices:

- Students and staff wear hats and will be encouraged to wear sunscreen whilst outside in the playground, during outdoor assemblies, at Physical Education and Agriculture lessons and during sport. Students will be encouraged to take these precautions when travelling to and

from school. Parents will be encouraged to support and promote these practices. Students are required to wear College hats only. These can be purchased through Lowes (Uniform Shop).

- Physical Education and Agriculture teachers will, at their discretion or as directed, suspend outdoor lessons on days of extreme heat. Sport may also be suspended by the Principal or delegate. The Principal, or delegate, will, at his/her discretion, close parts of the playground on days of extreme heat.
- Sunscreen will be available for the use of students from Student Services. Its use will be strongly promoted by the Sports Coordinator and PDHPE teachers. Staff are encouraged to take every opportunity to coach students into sun safe practices.
- College Assemblies and gatherings will, wherever possible, be timetabled to avoid times of high UV exposure and may be postponed by the Principal or a delegate on days of extreme heat.

Carnivals and Excursions

- Carnival and excursion notes will stress the importance of hats, sun sensible clothing, sunglasses and sunscreen and students will be expected to comply with instructions on sun safety.

Evaluation and Review

This policy will be reviewed by the College in January 2022.

The College Leadership Team and staff regularly monitor and review the effectiveness of the Sun Smart Policy (at least once every year) and revise the policy when required by completing a policy review.

Relevant documents / links

- The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & WorkCover
- Catholic Education Commission of Victoria (CECV) Occupational Health & Safety Guidelines
- Independent Schools Victoria (ISV) Compliance Framework
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools -Government Response
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods