



## **Throsby School**

### **UV Protection Policy**

Purpose: This policy outlines how the school will manage a SunSmart environment for students, staff, parents and community members.

Related and guiding Departmental Policies: Sun (UV)  
Protection For Students 2015 SUVPS201512

#### **Legislation:**

- **Work Health and Safety Act 2011**
- **Work Health and Safety Regulations 2011**

Definition: In this policy, 'SunSmart' refers to practices recommended by Australia's national skin cancer prevention campaign as promoted by Cancer Council ACT. A SunSmart School is one that has a comprehensive sun protection policy meeting minimum standards relating to curriculum, behaviour and the environment, and implements this policy effectively.

#### **RATIONALE**

This policy documents our sun protection practices in the areas of behaviour, curriculum and environment. These practices will be applied to all activities both during and out of school hours from the beginning of August through to the end of May when daily UV levels reach 3 or above. Extra care will be taken between 10am and 3pm when UV levels peak. Australia has amongst the highest rates of skin cancer in the world. It is estimated that 99% of common skin cancers and 95% of melanomas are caused by sun exposure (UV radiation). This SunSmart Policy has been developed to ensure that all students, teachers, school staff and visitors of Throsby School are protected as much as reasonably practicable from over-exposure to the harmful

ultraviolet rays of the sun. Effective sun protection practices not only reduce a child's risk of skin and eye damage and ultimately skin cancer but should also ensure they obtain enough vitamin D from the sun to allow for healthy bone development and maintenance.

## **AIMS**

- Increase students, teacher, school staff, families, visitor and community awareness of skin cancer.
- Assist students, teachers, school staff, visitors, families and community members to develop strategies that encourage responsible decision-making about sun protection.
- Work towards a safe school environment that provides shade for students, teachers, school staff, families, visitors and community members.
- Encourage students, teachers, school staff, visitors, families and community members to wear protective clothing (i.e. collars, longer sleeves), have fresh water, use protective accessories including effective hats and sunscreen during outdoor activities.
- Ensure that students, teachers, school staff, visitors, families and community members are informed of the school's SunSmart Policy and provided with appropriate educational resources.

## **IMPLEMENTATION**

As part of general SunSmart activities, our school will:

- Require students and staff to wear broad brimmed, legionnaire or bucket hats between August 1<sup>st</sup> and May 31<sup>st</sup>.
- Enable students/staff/teachers/visitors who wish to combine broad brimmed, legionnaire or bucket hats and other headgear for warmth or for religious or cultural reasons, to do so with their hat taking the position of the outermost layer.
- Parents and carers will be encouraged to supply SPF 30+ broad-spectrum, water-resistant sunscreen for their child to use.
- Teachers will have access to SPF 30+ broad-spectrum sunscreen for those children that do not have their own in their school bag.
- Encourage the regular application of sunscreen

- Encourage students and staff to use available areas of shade for outdoor activities whenever possible.
- Request staff and encourage community members to the school to act as positive role models by practising SunSmart behaviour and promoting positive attitudes toward sun protection.
- Acknowledge and abide by “Hats Off Day” (Last day of May) and “Hats Back on Day” (1<sup>st</sup> of August) in the ACT as recommended by the Cancer Council ACT’s SunSmart program every year. (UV levels are LOW in June and July in Canberra and therefore sun protection is not recommended)
- Students who do not have the appropriate hat will be asked to play in a well-protected area from the sun.
- The wearing of sunglasses will be encouraged.

### **Curriculum**

- Incorporate programs on skin cancer into the curriculum across all year levels.
- Teachers can access local classroom resources from the [SunSmart Website](#)
- Regularly reinforce SunSmart behaviour through regular school communication channels
- Ensure the SunSmart Policy is reflected in the planning of all outdoor events.

### **Environment**

- Require sun protective clothing/uniform and accessory items as part of the school uniform and when at camp and excursions.
- All students and workers will be required to wear a hat that offers adequate protection to the face, neck and ears. Baseball style caps are not to be worn. Broad-brimmed hats should be at least 6 cm for children (7.5cm for teens and adults). Bucket style hats should have an angled rim that is suitable for the size of the child’s head (a minimum of 5 cm as a guide) a minimum of 6 cm for older children and adults.
- Students will be required to wear a rash vest (or at least a t-shirt) when taking part in all day outdoor swimming events.

- Minimise outdoor activities between 11am and 3pm daylight saving time when UV levels are at their strongest. Take particular care during other times of the year during the peak period.
- Encourage staff and students to familiarise themselves with the daily SunSmart sun protection times via the SunSmart App or SunSmart Widget.
- Organise outdoor activities to be held in areas with plenty of shade whenever possible.
- Schedule outdoor assemblies early in the day or in an area where all students can be in the shade.
- Work towards increasing shelter and trees to provide adequate shade in the school grounds.
- Purchase of hats for student support.
- Purchase of sunscreen for use throughout the school.
- An SPF 30+ broad-spectrum, water-resistant sunscreen will be accessible via all learning communities.
- Where possible, teachers will encourage and make opportunities for students to apply sunscreen daily i.e., before lunch and PE.

## **EVALUATION**

- This policy will be reviewed every three years.
- As a member of the National SunSmart Schools Program since 2008, a copy of this policy will be submitted to Cancer Council ACT for review every 3 years. This policy will be updated if necessary to maintain minimal national SunSmart standards.
- Review the Sun Smart behaviour of students, teachers, school staff, families, visitors and community members and make recommendations for improvement.
- Assess shade provision and usage and make recommendations for increases in shade provision.
- Update and promote curriculum material relevant to SunSmart activities across all year levels.
- Our school's national SunSmart status (SunSmart Certificate) can be viewed here:
  - To be added

Annamaria Zuffo

Principal

Chair, School Board

Date of original policy:

Date of review: