

## SUN SAFE STRATEGY

### CONTEXT

"Queensland has the highest incidence of skin cancers and invasive melanomas in the world. Skin damage is caused by over exposure to the sun's ultra violet rays through direct and reflected light.

It is important to practise healthy, sun safe behaviour at work as well as in leisure time. Sun safety relates not only to the wearing of sunscreen. It is important to realise that wearing protective clothing (not just hats!) and providing shade is especially important in preventing damage to the skin. " Extract from [http://www.health.qld.gov.au/healthyislandresorts/topics/sun\\_safety.asp](http://www.health.qld.gov.au/healthyislandresorts/topics/sun_safety.asp)

### BACKGROUND

Our school policies and practices are informed by [The Cancer Council, Australia](#) and the [Qld Health Department](#).

[The Cancer Council, Australia](#) advise that "Protecting your skin from exposure to the sun is the simplest most effective strategy for preventing skin cancer." Their website provides information regarding the use of sunscreen, sun protection, eye protection, sun protection during winter, sun protection in the workplace and sun protection merchandise.

The [Sun Smart](#) (<http://www.sunsmart.com.au/>) website provides information on skin cancer and how to protect against it.

Skin cancer can be prevented by minimising exposure to the sun's ultraviolet radiation (UVR). The [Queensland Cancer Council](#) ([http://www.cancerqld.org.au/reduce\\_risk/prevention/prevent\\_sunProtection.asp](http://www.cancerqld.org.au/reduce_risk/prevention/prevent_sunProtection.asp)) identifies six simple steps for skin cancer prevention.

- Minimise your time in the sun between 10am and 3pm
- Seek shade
- Wear suitable clothing that provides good sun protection
- Choose a broad brim, legionnaire-style or bucket-style hat that will protect your face, neck and ears
- Wear sunglasses
- Apply SPF 30+ broad spectrum, water-resistant sunscreen 20 minutes before you go out into the sun.

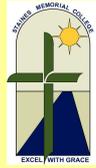
Our College is committed to providing safe environments for children's learning. Regular exercise is essential for healthy bodies and healthy minds. Our uniform has been designed with consideration for the skin cancer prevention principles. Our Dress Code policy requires hats to be worn for outside activities. Classes planned for outdoors seek to maximise the use of shade where appropriate to the activity.

### POLICY IMPLEMENTATION

This policy applies to all staff and students of Staines Memorial College. A combination of sun protection measures are considered when planning all outdoor activities. (e.g. lunch breaks, camps,

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excursions, sporting events). Particular care is taken at our College from the beginning of September until the end of April between 10 am and 2 pm when UV levels usually reach their peak.

## *Role Modelling*

Staff are requested, and families and visitors to the school are encouraged, to act as role models by practising SunSmart behaviours.

## *Skin protection awareness*

Programs on skin cancer prevention are included in the curriculum for each year level as part of the Health and Physical Education program. SunSmart behaviour is to be regularly reinforced and promoted to the whole school community (e.g. via newsletters, assemblies).

## *Sun protective clothing and hats*

The uniform design for staff and students takes into account the need for sun safe measures – this includes shirt, blouse and hat design and applies to formal and sporting clothing items. All students are required to wear a broad brimmed (minimum 7.5cm brim), legionnaire or bucket hat (deep crown and minimum 6cm brim) whenever they are outside. Students who do not have appropriate hats are asked to play in the shade at lunch breaks. When students have a non-uniform day the requirement remains for students to wear "sun safe" clothing - tops with sleeves, no midriffs showing, pants / skirts of a modest length.)

## *Sunscreen*

The use of SPF 30+ broad spectrum, water resistant sunscreen is encouraged, with time for application of sunscreen allowed. The College provides for staff working outdoors, appropriate sunscreen. Students are encouraged to have a supply in their class and are expected to take their own supply on camps.

## *Shade*

The College is working towards increasing the number of trees and shade structures so as to provide adequate sun protected areas in the school grounds. Students are encouraged to use available areas of shade for outdoor activities where possible.

## *Sunglasses*

The use of wrap-around sunglasses that meet Australian Standard 1067 (Sunglasses - Category 2, 3 or 4) is encouraged of staff. Senior students at sporting events are also encouraged to wear sun safe sunglasses. The effective and responsible care of student's own possessions currently remain an obstacle to more extensive use by all students.

## *Regular policy reviews*

The College regularly reviews this policy as it does all policies. (At least once every three years.) This involves monitoring the College's compliance with its policy and making suggestions for improvement.

## **RELATED POLICIES & PROCEDURES**

Responsible Behaviour plan  
Dress Code Policy  
Workplace Health & Safety Policy  
Sun Safety in Secondary Schools Guidelines