

## 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.

This policy is followed all year round as the UV radiation levels are always high, very high or extreme during peak UV periods (10am – 3pm) in the Northern Territory.

Staff will act as role models in line with the WH&S standards. Staff are required to adopt all protective measures put in place as part of employee WH&S responsibilities.

The goals of the Policy are:

- Increase child, student, employees and staff awareness about skin cancer and sun protection
- Encourage the use of a combination of sun protection measures all year round
- Work towards a safe environment that provides shade for children, students, staff, employees and visitors
- Ensure that families and new staff are informed of the Sun Protection policy

**National Regulations:** 77; 114; 168; 170-171

**National Quality Standard for Early Childhood Education and Care and School Age Care:** Element 2.1.1; Element 2.1.3; Element 2.3.2; Element 3.1.1; Element 6.1.2; Element 7.3.5

## Sun Protection Procedures

- All children, students and employees use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care is taken between 10 am and 3 pm when UV levels reach their peak
- Children, students and employees will be encouraged to use available areas of shade. Students who do not have appropriate hats or outdoor clothing are asked to stay in an area protected from the sun
- SPF 30+ broad spectrum water resistant sunscreen will be provided for use as necessary in Early Learning Centres, OSHC facilities and Preschools. Sunscreen will be applied at least 20 minutes before going outside and reapplied every 2 hours if still outdoors. School aged-children will be encouraged to apply sunscreen themselves, under appropriate supervision. Encourage self-help skills in younger children in applying sunscreen. To prevent contamination each child has own swab or tissue. Parents will be notified of brand of sunscreen used. It is recommended that the information from the Cancer Council: *What is my skin type?* (Appendix A) is used when considering the requirements of applying sunscreen to children
- The Sun Protection Policy is considered when planning all outdoor events e.g. excursions and sporting events. Where possible, we aim to organize outdoor activities or events earlier in the morning or later in the afternoon, and use indoor venues

## Shade

- Make 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 area, canteen, outdoor lesson areas and popular play areas

- Shade provision that meets Australian Standards is considered in plans for future buildings and grounds
- The availability of shade is considered in the risk assessment when planning excursions and outdoor activities

### Clothing

- It is recommended that clothing include collars that protect the neck, and have sleeves; shorts, dresses and skirt lengths extend as close to the knee as possible; and rash vests or t-shirts be worn when swimming outdoors

### Hats

- Children, students and employees are also required to wear hats that protect their face, neck and ears, i.e. bucket or broad-brimmed whenever they are outside  
(Please note: Baseball caps are not considered sun protective and are therefore not acceptable)

### Sunglasses

- When sunglasses are worn, close fitting, wraparound sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4), and cover as much of the eye area as possible, are recommended

### Role Modelling

- Employees and staff act as role models by:
  - wearing sun protective hats (broad brimmed, bucket or legionnaire hats), clothing and sunglasses outside (please note that baseball caps do not offer enough protection and are therefore not acceptable)
  - applying SPF 30+ broad spectrum, water resistant sunscreen
  - seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses and sunscreen) when participating in and attending outdoor activities

### Curriculum

- Sun protection and skin cancer awareness programs are incorporated into programmed activities and appropriate areas of the school curriculum
- SunSmart behaviour is regularly reinforced and promoted, e.g. through newsletters, noticeboards and meetings
- Leadership will keep informed about current trends, recommendations and legislation and provide opportunities for professional learning and training in current practices

### Variations

St Mary's Catholic Primary School reserves the right to vary, replace or terminate this Procedure from time to time.

### Relevant Legislation and Regulations:

Catholic Education OHS&W Policy No. OHS1

N.T. Work Health and Safety Act & Regulations

N.T. WorkSafe Bulletin: Work environment - heat stress

<http://www.worksafe.nt.gov.au/Bulletins/Bulletins/15.04.23.pdf>

<http://www.worksafe.nt.gov.au/NewsRoom/Documents/sunsmart.pdf>

AS 1067.1 Sunglasses and fashion spectacles-safety requirements

AS 1337 Eye protectors for industrial applications  
Education and Care services National Law Act 2010

Additional Guidelines and Resources:

Cancer Council

<http://www.cancercouncilnt.com.au/Sunsmart/SSSunsmartSchool.htm>

<http://www.cancercouncilnt.com.au/Sunsmart/SSEarlyChildhood.htm>

National Quality Standard for Early Childhood Education and Care and School Age Care

The Early Years Learning Framework for Australia

Framework for School Age Care in Australia

### Evaluation

This policy will be reviewed as part of the school's three-year review cycle or as required.

This policy will be published on the St Mary's Catholic Primary School website.

### Review/Ratification

Year of review	SIRF Committee Responsible	Ratified By / Date (Month/Year)
April 2015	Leadership	School Board – April 2015
2018	Community and Culture	

**Next Review:** 2018