



THE HUTCHINS SCHOOL

# Sun Protection Policy

<b>Relevant legislation</b>	Work Health and Safety Act 2012 (Tas) National Quality Standard for Early Childhood Education and Care and School-Age Care (Cth)
<b>Commencement date</b>	25 July 2018
<b>Last review date</b>	01 February 2024

## 1. Purpose

The purpose of this policy is to outline ways in which The Hutchins School (the School) community can work towards minimising the harmful effects of over-exposure to the sun's ultraviolet rays.

## 2. Scope

This policy applies to all staff, volunteers and students at the School and aims to promote the sun safety message to parents/carers and the School community.

In Tasmania, the UV is 3 and above from September to April. The School will implement the sun protection measures outlined in this document 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.

## 3. Objectives

The objective of this policy is to:

- encourage staff and students to take steps to protect themselves from over-exposure to UV;
- educate staff and students on appropriate sun protection;
- increase whole school awareness of skin cancer and other damage caused by over exposure to UV radiation;
- outline the School's commitment to providing an environment that provides shade outdoors and other sun protective measures for the entire School community;
- support duty of care and regulatory requirements; and
- support appropriate Work Health and Safety strategies to minimise UV risk and associated harms for staff and students.

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## 4. Definitions

<b>UV index</b>	A unitless number that describes the amount of solar UVR that reaches the earth's surface. The higher the UV index, the more solar UVR present and the greater the potential for skin and eye damage. UV is divided into low (1-2), moderate (3-5), high (6-7), very high (8-10) and extreme (11 and above). Sun protection is required when the UV is above 3.
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## 5. Policy statement

Australia has the highest rate of skin cancer in the world.<sup>1</sup> Despite being an almost entirely preventable disease, at least two in every three Australians will develop skin cancer before they reach the age of 70.<sup>2</sup> Evidence suggests that childhood exposure to ultra violet (UV) radiation contributes significantly to the development of skin cancer in later life. Educating school children and reducing their UV exposure is expected to have a major impact on the future incidence of skin cancer in Australia.<sup>3</sup>

### Sun protection education

The School employs a variety of communication strategies to minimise the risk of over-exposure to the sun's UV rays, including:

#### Curriculum

- Sun protection programs are incorporated into the School's Pre-Kindergarten to Year 12 curriculum.
- Students are encouraged to be involved in sun protection initiatives and model sun protection measures to the whole school community.
- This Sun Protection Policy is promoted through a number of media, which may include the School's Communiqué, newsletters, SharePoint Online, staff meetings and/or assemblies.
- The UV index from the Bureau of Meteorology is on Rory all times.

#### Staff training and professional development

- Staff have access to the School's Sun Protection Policy in SharePoint Online.
- Sun protection awareness and reminders are issued to staff regularly.

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<sup>1</sup> Ferlay, J, Bray, F, Pisani, P, Parkin D. GLOBOCAN 2002. Cancer Incidence, mortality and prevalence worldwide, IARC Cancer Base No. 5, version 2.0 Lyon IARC Press 2004

<sup>2</sup> Staples, M, Elwood, M, Burton, R, Williams, J, Marks, R & Giles, G. Non-melanoma skin cancer in Australia: the 2002 national survey and trends since 1995. *Medical Journal Australia* 2006; 184 (1) 6-10

<sup>3</sup> Cancer Council Australia National Sun Smart Schools Program <http://www.cancer.org.au/preventing-cancer/sun-protection/sunsmart-schools/>

## Community

- The School promotes sun protection strategies to the broader school community through the communication of regular sun protection messages in media such as newsletters, Communiqué or on our website.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor activities.
- Sun Protection Policy updates and requirements will be made available to staff, families and visitors.

## Protection strategies

Staff and students are encouraged to check and record the sun protection times on a daily basis at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, <http://www.myuv.com> or on the free SunSmart app.

In Tasmania, average peak UV levels reach 3 and above from September to April. Staff and students will use the following sun protection measures when UV levels are 3 and above:

## Clothing

- Clothing includes shirts with collars, sleeves, longer style shorts and t-shirts for outdoor swimming. We encourage the use of rash vests.
- Clothing exposing large amounts of the shoulders and upper torso (singlets, tank tops) are not considered suitable.

## Hats

- All staff and students are required to wear hats that protect their face, neck and ears, whenever they are outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Caps and sun visors do not offer enough protection and are not recommended.

## Sunglasses

- Staff are encouraged to wear close fitting, wrap-around sun glasses that cover the eyes as much as possible and meet Australian Standard 1067: 2016 (Category 2, 3, or 4).

## Sunscreen

- SPF 30+ (or higher) broad spectrum, water resistant sunscreen is available for staff and students' use. Students are encouraged to bring their own sunscreen to school and to outdoor events and activities.
- Staff encourage the use of sunscreen, and time is provided for students to apply sunscreen (ideally 20 minutes before going outside and reapply every two hours if outdoors for long periods - more frequently if swimming or sweating).
- The School community is educated about the correct use of sunscreen and the level of protection it provides.

- Sunscreen is stored in a cool, dry place and the expiry date monitored. Sunscreen is used as a last line of defense.
- Students and staff are encouraged to apply sunscreen before coming to school.

### Scheduling

- The Sun Protection Policy is considered in the planning of all outdoor events such as sporting activities, camps, and excursions.
- Where possible, outdoor activities are scheduled earlier in the morning or later in the afternoon.

### Role modelling

- Staff are encouraged to act as role models by adhering to this policy and using a combination of sun protection measures when outside and the UV is 3 and above.
- Families and visitors are encouraged to use a combination of sun protection measures when participating in or attending outdoor school activities.

### Shade

- The School provides areas of shade in its grounds, particularly in areas where students congregate - for example, lunch areas, canteen and outdoor lesson areas.
- Students are actively encouraged to use shaded areas when outdoors.
- The School ensures that shade provision is considered for future buildings and grounds.

## 6. Supporting/related documents

<https://www.safeworkaustralia.gov.au/doc/model-code-practice-managing-work-environment-and-facilities>

<http://www.cancertas.org.au/>

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

## 7. Record keeping

This policy is to be kept for three (3) years until review, unless there is a significant legislative or organisational change requiring earlier review.

The master copy is kept in SharePoint Online in read-only in PDF form. All printed copies are uncontrolled.

To continue the School's SunSmart membership, the Sun Protection Policy will be submitted to Cancer Council Tasmania once every three years for review.

For more information, contact Cancer Tasmania:

e: [sunsmart@cancertas.org.au](mailto:sunsmart@cancertas.org.au)

ph: (03) 6779 1107

w: [www.cancertas.org.au/prevent-cancer/sunsmart](http://www.cancertas.org.au/prevent-cancer/sunsmart)

## 8. Policy owner

Principal

## 9. Version Control

Version Number	Author	Purpose/Change	Date
5.0	Policy & Compliance Manager	2021 update; minor textual revisions, review of external documentation. Removed definition 'worker',	1/2/2021
5.1	Policy & Compliance Manager	Full textual review. Changes made for clarification and simplicity of the text, and to better reflect current school practice. Moved text regarding incidence of skin cancer in Australia to the Policy Statement (from the Purpose); UV information moved to Scope.	18/2/2021
5.2	Policy & Compliance Manager	Minor changes for textual clarity and formatting. Removed broken links.  No policy changes.	01/02/2024