

Dimbulah State School

Sun Protection Policy

Aim

This policy aims to protect all employees, students, contracted services, parents, families and volunteers of Dimbulah State School from the harmful effects of UV radiation exposure.

Involvement

This policy applies to all employees, students, visitors, contracted services, families and volunteers of Dimbulah State School while on the premises and involved in excursions that require leaving the premises.

Rationale

Queensland has the highest rate of skin cancer in the world. Skin cancers account for 80 per cent of all new cancers diagnosed each year in Australia, making it by far the most common type of cancer diagnosed.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Given students and employees are at school during peak UV times, schools play a major role in providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

With this in mind, schools need to take into account the need to support students, employees, parents and visitors to the school by providing and promoting a SunSmart environment.

Procedures

- To assist with implementation of this policy, employees and students are encouraged to access daily local sun protection times via the SunSmart app, Sunsmart widget on the school website, or sunsmart.com.au
- The sun protection measures listed are to be used for all outdoor activities when UV is three and above. If daily sun protection times cannot be checked, please use sun protection all year round. Where appropriate, outdoor activities will be minimised between 10am – 3pm.

Healthy physical environment

1. Seek shade

- Provide a variety of shade (i.e. built, natural and portable) in all areas where students congregate including areas for lunch, outdoor teaching and sport.
- Students are encouraged to use available shade (basketball court).
- Shade availability is considered when planning all outdoor events and excursions.
- Yearly shade assessments will be conducted.

Healthy social environment

2. Slip on sun protective clothing

- School uniforms are SunSmart as per Cancer Council Queensland recommendations. This includes shirts with collars and elbow length sleeves, longer style dresses and shorts, and long pants were appropriate.
- Rash vests or t-shirts are compulsory for swimming lessons (between hours 10am-3pm).

3. Slap on a hat

- Hats worn by students must cover the face, neck and ears such as broad-brimmed, bucket or legionaire style. Peak caps and visors are not considered a suitable alternative.

4. Slop on sunscreen

- Make available SPF 30 or higher broad spectrum, water resistant sunscreen or encourage students to supply their own.
- Encourage students to apply sunscreen 20 minutes before going outdoors and to reapply every 2 hours when outdoors for extended periods.

5. Slide on sunglasses (optional)

- Where practical, students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard AS1067.

Learning opportunities

- Learning activities that promote sun protection are taught in the Health component of HPE.

Role modelling by staff

- Ask employees to role model good sun protection behaviours when outside, including:
 - Wearing sun-safe hats, clothing and sunglasses.
 - Applying SPF30 or higher broad spectrum, water resistant sunscreen.
 - Seeking shade whenever possible.

Engaging the school community

- Regularly reinforce and promote SunSmart behaviour to the whole school community (students, employees, families and visitors) via newsletters, website/intranet, social media, school assemblies, parent/teacher meetings and student enrolment/staff orientation.
- Encourage families and visitors to role model sun protection behaviours when involved in school activities.

Policy Timing and Review

- This policy is effective from 18th September 2018 and will be reviewed every three years to ensure it remains current and practical.
- Policy updates and requirements will be made available to the school community.

Next policy review: *to be completed no later than **Friday 24th September 2021***