



St Thomas More's Catholic School Launceston

SUN PROTECTION Policy



Date	August 2017
Version No	2
Responsible Person	Carol Seagar
Approved By	Carol Seagar
Review Date	August 2020
Related Documents	Forms 25a – 25e



SUN PROTECTION POLICY

PURPOSE

The purpose of this *Policy* is to establish guidelines for the school, employees, students, parents and volunteers to comply with the School Sun Protection Policy based on recommendations made by SunSmart and Cancer Council Tasmania.

Over-exposure to UV (ultraviolet) rays causes sunburn, skin damage and increased risk of skin cancer. **Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.** However, some skin exposure to the sun's UV rays is needed for the production of vitamin D, vital for maintenance of healthy bones, teeth and general good health.

The policy aims to ensure students and staff maintain a healthy UV balance all year round and encourages sun protection **when UV Index levels reach 3 and above** and safe sun exposure **for vitamin D.**

POLICY FRAMEWORK

We acknowledge that health, safety and well being of people are central to the values of the school.

The school also recognises that it is responsible and accountable for ensuring, so far as is reasonably practicable, the health and safety of students, staff and other persons who either enjoy or use the services and facilities of the school

To meet these social, moral, and legal obligations the school is committed to:

- The provision and maintenance of an environment which minimises risks to health, safety and wellbeing.
- The provision of guidelines for a year round approach to sun safety and safe sun exposure for Vitamin D

POLICY CONTENT

To support this *Policy*, the school shall implement and monitor SunSmart recommendations made by Cancer Council Tasmania.

From September to April, when average peak UV levels in Tasmania reach 3 and above staff and students are encouraged to use a combination of sun protection measures

To help maintain adequate vitamin D levels sun protection will not be used from May to August, when average peak UV levels are below 3 unless in alpine regions, near highly reflective surfaces such as water and snow or outdoors for extended periods

All students and staff while at school, shall be encouraged to



- Take reasonable care for their own health and well being
- Co-operate with any reasonable policy or procedure of the school in relation to health and well being..
- Participate in education sessions to support the objectives of this *Policy*.

Strategies

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

1. Clothing

- Sun-safe clothing is part of our school and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming.
- Clothing exposing large amounts of shoulder and upper torso e.g. singlets, tank tops and strappy dresses are not considered suitable.

2. Sunscreen

- The use of SPF 30+ (or greater), broad-spectrum sunscreen is encouraged.
- Where possible SPF 30+ broad-spectrum water-resistant sunscreen is available for use.

3. Hats

- Students shall wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats. Baseball caps do not offer enough protection and are not recommended.

4. Shade

- The school community is committed to providing shade in areas where students gather such as for eating, outdoor teaching and popular play areas. The use of these areas is encouraged.
- Availability of shade is considered when planning excursions and all outdoor activities.

5. Sunglasses

- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged but optional.

- **Students without a sun-safe hat or clothing shall play in areas protected from the sun.**



- **Staff OHS, role modelling and education**
 - When UV is 3 and above staff shall role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.
 - Families and visitors are encouraged to use a combination of sun protection measures when participating in and attending outdoor school activities.
 - Programs on skin cancer prevention and vitamin D are included in teaching programs for all year levels
 - SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, meetings, assemblies and upon enrolment.
- **Planning**
 - Sun protection policy shall be reflected in the planning of all outdoor events and excursions.
 - Where possible, outdoor activities shall be planned away from the middle of the day during the period September to April (when UV levels reach 3 and above).
- **Review**
 - School's sun protection policy shall be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available.

RELATED GUIDELINES AND PROCEDURES

- 25a How much sun is enough
- 25b Being Sun Smart in Tas
- 25c FitzpatrickSkinTypeChart
- 25d Sunscreen info sheet 2012
- 25e SunSmart Eyes

SUPPORT RESOURCES

<http://www.cancertas.org.au/healthy-living/sunsmart/sun-protection>

<http://www.cancertas.org.au/healthy-living/sunsmart/sunsmart-schools-and-centres>

POLICY RESPONSIBILITY

The person responsible for the implementation of this *Policy* is Jo Craddock.

POLICY REVIEW

The *Policy* shall be reviewed every three years, or in the event of any information, incident, injury, or illness that would demonstrate the need for a review, or resulting from any legislative or organisational change that would warrant a review.



POLICY DATES			
<i>Formulated</i>	April 2014	<i>Adopted</i>	
<i>Implemented</i>		<i>Reviewed</i>	
<i>Next Review Due</i>	AUGUST 2020		
POLICY AUTHORISATION			
<i>Principal</i>	<i>Carl Seager</i>	<i>Signature</i>	<i>CR Seager</i>



School Contact Details and Partnership Agreement



Please complete School details and sign Partnership Agreement.

Return by scanning and emailing to sunsmart@cancertas.org.au

School Name: St Thomas More
Address: 125 Abbott St Postcode: 7250
Mailing address: as above + P.O. Box 93 Newstead
Telephone 63377200 General school email address: _____
School type: Government _____ Catholic ☒ Independent _____ Other _____
School enrolment numbers 250 Year levels taught K-6
Gender composition Co-ed ☒ Boys _____ Girls _____
Principal Name Carl Seager Email carl.seager@catholic-tas.edu.au
School's preferred Sunsmart contact person name: Carl Seager
Telephone 0408892107 Email _____
Preferred method of contact Email ☒ Phone _____
Best time of day to contact Any

Partnership Agreement

We agree to work with Cancer Council Tasmania to increase skin cancer awareness and to implement the final approved sun protection policy in the school community. We will review this policy every 3 years to maintain our Sunsmart status.

School Principal Signature C. Seager Date 4/8/17

Thank you for completing this form.

Our "We are SunSmart" sign is available for purchase once your school has joined the program. The sign costs \$66.00 including GST and delivery and if you are interested Cancer Council Tasmania will Invoice your school for payment. When payment is received, the sign will be delivered.

Sunsmart Program
Cancer Council Tasmania
69 Howick Street
South Launceston 7250

email: sunsmart@cancertas.org.au
Phone: (03) 6779 1103
Fax: (03) 6779 1144

Privacy is important to us and we treat your information with respect, integrity and honesty in keeping with our core values and as governed by the Privacy Act. Information you provide may be used to let you know of our current programs and events. Our full Privacy Policy may be accessed on our website <http://www.cancertas.org.au/privacy-statement/> If you do not wish to receive further correspondence from us, please don't hesitate to contact us on 1300 65 65 85 or by e-mail infotas@cancertas.org.au