



# Sun Smart Policy

## 1. RATIONALE

Queensland has the highest rate of skin cancer in the world. As students are at school during peak ultraviolet radiation times throughout the day, between 10am and 3pm, schools play a major role in both minimising a student's UVR exposure and providing an environment where policies and procedures can positively influence student behaviour.

Skin damage, including skin cancer is the result of cumulative exposure to the sun. Research shows severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is preventable.

Ultraviolet radiation (UVR) levels are highest during the hours students are at school. As students will spend a portion of their day outdoors, Moggill State School is committed to protecting them from the harmful effects of the sun.

## 2. POLICY

Our Sun Safety Policy seeks to provide ongoing education that promotes personal responsibility for skin cancer prevention.

We aim to provide a safe environment for students, staff and volunteers to learn and work. Through the implementation of sun safety practices it is our goal that students develop life-long sun safe habits that influence future generations.

## 3. IMPLEMENTATION

### 3.1 Education

- Parents are informed of the School Sun Safety Policy when they enrol their student and it is available in the Enrolment Pack.
- The School Sun Safety Policy is available on our website.
- We encourage our teachers to act as positive role models of Sun Safe behaviour.
- Students are educated regarding being sun smart in Health classes.

### 3.2 Uniform/Clothing

- Students are recommended to wear the School wide-brimmed hat during all recess break unless undercover and for all outdoor activities.
- The formal uniform includes a shirt with a collar and skirts/shorts/pants to the knee
- Staff are encouraged to wear wide-brimmed hats or a cap (or alternatively use a parasol/umbrella) for all outdoor activities, including playground duty.
- Free Dress Days will adhere to a Sun Safety clothing policy.
- Parents are encouraged to wear broad-brimmed hats, bucket hats or a cap (or alternatively use a parasol/umbrella) when participating in and attending outdoor school activities.



# Sun Smart Policy

## 3.3 Sunscreen

- Students and staff are actively encouraged to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen regularly eg. prior to school, before breaks, HPE lessons, sports carnivals and excursions.
- Sunscreen is easily available in the staffroom for staff and at the administration office or Health & Physical Education staff room for student use.

## 3.4 Sport and Physical Education

- Students are actively encouraged to wear the wide-brimmed hat for health and physical education.
- For outdoor swimming carnivals and swimming lessons, students are encouraged to wear a rash vest. The use of sunscreen SPF30 is encouraged and available for staff, students and volunteers. Hats are required to be worn when not swimming.
- For athletic carnivals and excursions, students are required to wear shirts with sleeves; no singlets allowed. Hats are required and the use of SPF30 sunscreen encouraged and available for staff, students and volunteers.
- Where possible, outdoor activities/events will be scheduled to minimise time in direct sun e.g. earlier in the morning or later in the afternoon. The use of indoor and shaded facilities will be considered at other times where possible.
- Health & Physical Education teachers are encouraged to wear a wide-brimmed hat and wear sun appropriate clothing.

## 3.5 Camps and Excursions

- A risk assessment relating to sun exposure is conducted for the planning of outdoor activities and excursions.
- All students are required to wear a wide-brimmed hat, apply sunscreen and if free dress clothing required, it complies with the Sun Smart Policy.

## 3.6 Shade

- The School and School Council to ensure shade provision is considered in plans for future buildings and grounds.
- The School and School Council ensure shade is available in the School grounds particularly in areas where students congregate – for example, break areas, canteen and outdoor lesson areas. If this is not possible, the School is working towards increasing and/or maintaining shade (built, portable or natural) in the School grounds.
- Where shade is otherwise not available, temporary shade structures are used for events such as sports carnivals.
- Students and staff are actively encouraged to use shade when outside, particularly if they are not wearing appropriate hat or clothing.

## 3.7 Occupational Safety and Health

- As part of OHS UV risk controls and role modelling, all staff are encouraged to use a combination of sun protection measures (sun protective clothing, wide-brimmed hats, sunglasses, sunscreen and shade) when outside.
- Annual review of the School Sun Safety Policy.

## 3.8 General Awareness and Reminders

- The School actively promotes a positive culture around sun protection i.e. via School newsletters, assembly announcements, social media and the School website.



# Sun Smart Policy

## 3.9 Professional Learning

- New staff are advised of the Sun Safety Policy as part of their induction.
- Teaching staff are encouraged to complete Cancer Council's free online professional learning modules at [www.GenerationSunSmart.com](http://www.GenerationSunSmart.com)

## 4. REFLECTION MATERIAL

- Cancer Council Australia Sun Protection Information
- Queensland Government – Sun Safety Guidelines