

Sun Protection

The Hazard - Sun Exposure

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 common cancer diagnosed for 15 – 29 year olds.

Ascham School's Policy

Ascham School is committed to providing a safe working environment for all our students, workers and visitors.

It is our policy to:

- Increase student and community awareness about skin cancer and sun protection;
- The wearing of sun-safe clothing that provides protection from the sun is encouraged;
- Encourage the entire school community to use a combination of sun protection measures;
- Work towards a safe school environment that provides shade for students, staff and the school community;
- Assist students to be responsible for their own sun protection; and
- Ensure that families and new staff are informed of this policy.

Sun Protection Strategies

Ascham School has developed the following sun protection strategies:

General

- All students and staff use a combination of sun protection measures throughout the day to ensure they are well protected. Particular care must be taken in summer months between 10 am and 3 pm when UV levels reach their peak; and
- This policy is considered when planning all outdoor events (e.g. assemblies, camps, excursions and sporting events).

Shade

- The School makes sure there is sufficient shelter and trees providing shade in the school grounds particularly in areas where students congregate (e.g. lunch areas, canteen, outdoor lesson areas and popular play areas);
- Shade provision is considered in plans for future buildings and grounds;
- Students are actively encouraged to use available areas of shade when outside. Students who do not have appropriate hats or outdoor clothing are asked to stay in an area protected from the sun.

Hats (Junior School Only)

- Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats with a deep crown and angled brim. School caps and visors are also available from the uniform shop.
- Junior School students are required to wear hats that protect their face, neck and ears whenever they are outside; and
- Students who do not have an appropriate sun protective hat will be asked to stay in shaded areas only.

Sunscreen

- Sunscreen should be applied every day on days when the UV Index is forecast to be 3 or above. All parents/carers are requested to provide SPF 30+ or above broad spectrum sunscreen for their daughters to use;
- SPF 30+ broad spectrum sunscreen will also be made available for staff and students' use;
- Sunscreen should be applied in accordance with the manufacturer's directions, and at least 20 minutes before going outdoors. Sunscreen should be reapplied at least every two hours, and more frequently when participating in sport, sweating and swimming, and after towel drying;
- Time will be allocated for sunscreen application prior to outdoor activities eg PE lessons;
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

Role Modelling

Staff act as role models by:

- Wearing sun protective hats (broad brimmed, bucket or legionnaire hats), clothing and sunglasses when appropriate;
- 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 school activities.

Curriculum

- Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the school curriculum;
- Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community; and
- Sun smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Workers' Responsibility

All workers must follow the guidelines as set out in this policy.

Signage

'No hat no play' signs for Junior School only and sun protection safety posters are displayed in strategic locations around the school.

Implementation

This policy is implemented through a combination of:

- Staff training and awareness of issues relating to sun protection;
- Implementation of sun protection measures;
- Effective notification procedures;
- Effective communication procedures;
- Effective record keeping procedures; and
- Initiation of corrective actions where necessary.

Discipline for Breach of Policy

Where a staff member breaches this policy Ascham School may take disciplinary action.

The Sun Protection Policy will be reviewed in line with other school policies and resubmitted to Cancer Council NSW every three years.

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