

SILVER TREE STEINER SCHOOL



# Sun Protection Policy

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2016

This policy applies to: The Administrator, teaching staff and non-teaching staff.

AUTHORISED BY:	Administrator
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## **SUN PROTECTION POLICY**

Australia has the highest incidence of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence.

Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

This Policy has been developed to ensure that all students and staff attending the Silver Tree Steiner School are protected from over-exposure to the harmful UV radiation from the sun. It documents our comprehensive sun protection practices. These practices will be applied to all school activities including sports carnivals, excursions and camps.

We aim to help reduce the incidence of skin cancer by encouraging all members of the school community to take effective skin-protection measures and promote the SunSmart message.

Sun protection is important all year round not just in the summer months, so it is important that all parents and staff of the Silver Tree Steiner School continue to be vigilant in implementing the skin protection strategies in the cooler months as well as the warmer months.

The aim of this policy is to promote among students, staff and parents:

1. Positive attitudes towards skin protection.
2. Lifestyle practices which help reduce the incidence of skin cancer.
3. Personal responsibility for decision-making about skin protection.
4. Awareness of the need for environmental changes in schools to reduce the level of exposure to the sun.

## OBJECTIVES

The goals of the Sun Protection Policy are to:

- (a) Increase student and community awareness of skin cancer.
- (b) Assist students to develop strategies that encourage responsible decision making about skin protection.
- (c) Work towards a safe school environment that provides shade for students and staff.
- (d) Encourage students, parents, teachers and staff to wear protective clothing, broad-brimmed, legionnaire or bucket style hats and sunscreen during high risk times such as lunch times, sports, excursions and camps.
- (e) Ensure that parents are informed of the school's Sun Protection policy.

## IMPLEMENTATION

### Curriculum

- Sun protection and skin cancer awareness programs are incorporated into the appropriate Key Learning Areas of the school curriculum.

### Uniforms/clothing

- Students are actively encouraged to wear broad-brimmed, legionnaire or bucket hats whenever they are outside, but particularly for organised outdoor activities such as sports carnivals.
- Staff are required to wear broad-brimmed, legionnaire or bucket hats for all outdoor activities, including yard duty.
- Parents are encouraged to wear broad-brimmed, legionnaire or bucket hats when participating in and attending outdoor school activities.

### Sunscreen use

- Students and staff are actively encouraged to apply SPF 30+ broad-spectrum water-resistant sunscreen regularly eg. prior to school, before lunch, PE lessons, sport, excursions, etc.

### Sport and Physical Education

- Broad-brimmed, legionnaire or bucket hat wearing is compulsory, where practical, for sport and physical education.
- The use of indoor and shade facilities will be maximised.
- Where possible outdoor lessons and sports carnivals will be scheduled when the UV Index is below 3.

### **Camps and Excursions**

- Broad-brimmed, legionnaire or bucket hats, sun protective clothing and sunscreen are required for all camps and excursions. These items will be listed on the parent permission form.

### **Shade**

- The school is working towards increasing and/or maintaining shade in its grounds, particularly in areas where students congregate eg. Lunch and/or outdoor lesson areas.
- Temporary shade structures will be considered as a short term measure and for events such as sports carnivals.
- Students and staff are actively encouraged to use shade.

### **Assemblies**

- Outdoor assemblies are either scheduled when the UV Index is below 3 or held in an area where all students can be in the shade.

**Note:** *UV Alert times available from the Bureau of Meteorology [www.bom.gov.au/uv](http://www.bom.gov.au/uv)*

## **OCCUPATIONAL HEALTH AND SAFETY**

Consideration is given to sun protection for all teachers/staff involved in outdoor activities, including yard duty.

Physical education and sport education teachers are required to take appropriate sun protection measures as they are particularly at risk from UV radiation.

## **REINFORCEMENT/PROMOTION OF SUNSMART MESSAGE**

Students will be actively involved in initiatives to protect the school community from over-exposure to the sun.

Sun protection will be promoted throughout the year via the school newsletter, assemblies, daily messages, parent and staff meetings and whole school activities.

“No Hat – Play in the Shade”.

## MONITORING

This policy will be monitored by the Administrator and Occupational Health and Safety Representative who will ensure:

1. All new staff are briefed on the Sun Protection policy as part of the induction.
2. The Sun Protection policy is included as an agenda item for the first staff meeting each term.
3. The Sun Protection policy is presented at the first School Council meeting and P&F meeting each year.
4. The Sun Protection policy is included in the Parent Handbook each year.
6. Sun Protection practices are promoted regularly from the beginning of September through to the end of April.
7. Cancer Council of Western Australia is contacted annually to ensure that up-to-date information is maintained on SunSmart resources and policy guidelines.

## EVALUATION

The Administrator and OHS Representative will review the effectiveness of this policy and they will:

1. Review the SunSmart behaviour of students, staff, parents and visiting guests.
2. Assess shade provision and usage and make recommendations.
3. Check plans for future buildings and grounds with regards to shade provision (in consultation with the School Board).
4. Evaluate and update the sun protection and skin cancer prevention component of the curriculum in collaboration with the teaching facility.

## WHERE TO GO FOR FURTHER INFORMATION

Cancer Council Western Australia  
15 Bedbrook Place  
SHENTON PARK WA 6008  
Ph: 9388 4333, Fax: 9388 4399  
[www.cancerwa.asn.au](http://www.cancerwa.asn.au)  
[www.generationsunsmart.com](http://www.generationsunsmart.com)  
Cancer Helpline – 13 11 20

For information on **resources** or to arrange for the purchase or loan of resources contact the Cancer Council Resource Officer on 9388 4333 or [resourceofficer@cancerwa.asn.au](mailto:resourceofficer@cancerwa.asn.au)

For information on the **SunSmart Schools program** or assistance in sun protection policy development contact the SunSmart Education Coordinator on 9388 4351 or [sunsmart@cancerwa.asn.au](mailto:sunsmart@cancerwa.asn.au)

For **information on skin cancer** or any other cancer contact the Cancer Helpline 13 11 20. Nurse Counsellors and Enquiries Officers are available to answer your questions.

## REFERENCES

AISWA – Sun Protection Guidelines

Available: <https://www.ais.wa.edu.au>

Occupational Exposure to Ultraviolet (UV) radiation

Available: <http://www.cancerwa.asn.au/resources/publications/prevention/#workplace>

Occupational Safety and Health Act 1984 & Regulation 1996

Available: [www.austlii.edu.au](http://www.austlii.edu.au)