SUN SMART POLICY

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<th>Policy Status</th>
<th>CURRENT</th>
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<tr>
<td>Policy Classification</td>
<td>Board Endorsed</td>
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<tr>
<td>Policy Established</td>
<td>2005</td>
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<td>Policy Last Reviewed</td>
<td>2014</td>
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<td>Policy Responsibility</td>
<td>Student Welfare Office / Deans</td>
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Rationale

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin and eye damage and increases the risk of developing skin cancer. Australia has the highest rate of skin cancer in the world. Adolescence and childhood are critical periods during which sun exposure is likely to contribute to skin cancer later in life. It is estimated that 75% of all skin cancers could be prevented by practising sun protection in childhood and adolescence. Alternatively too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium in the blood and is necessary for the development and maintenance of healthy bones, muscles, teeth and for general health. From June to August in Sydney the UV levels are usually 3 or below so sun protection isn’t usually necessary.

Objectives

The objectives of this sun protection policy are to:

- Ensure that all students and staff maintain a healthy UV exposure balance
- Increase student and staff awareness of skin cancer and other damage caused by exposure to UV radiation
- Encourage the whole school community to use a combination of sun protection measures whenever the UV index levels reach 3 or above
- Assist students and staff to be responsible for their own sun protection
- Ensure that all families and new staff are informed of the school’s UV radiation policy

Implementation

Strategies 1 to 4 will be implemented in Terms 1 and 4. The will also be encouraged in Terms 2 and 3.

1. Clothing

   Sun protective clothing is included in the College school uniform and sports uniform
   - The College summer uniform includes a shirt with elbow length sleeves and a collar that sits over the neck.
   - The College summer uniform includes shorts that sit at the knee
   - The College sports uniform includes a shirt that covers the shoulders and a collar that sits over the neck
• The College sports uniform includes shorts that sit at the knee
• Students and staff are required to wear hats whilst outside – including recess, lunch, Physical Education lessons and at all College events.
• Rash vests or t-shirts are compulsory for outdoor swimming

2. Sunscreen
• SPF 50+ broad spectrum, water resistant sunscreen is available for student and staff use

3. Role Modelling
• Staff are encouraged to act as role models by using a combination of sun protection measures (sun protective clothing, hats, application of sunscreen, wearing of sunglasses and seeking shade whilst outside) and must wear a hat whilst on playground duty
• Families and visitors are encouraged to act as role models by using a combination of sun protection measures (sun protective clothing, hats, application of sunscreen, wearing of sunglasses and seeking shade whilst outside)

4. Awareness
• Sun protection and educational programmes are incorporated into appropriate areas of the secondary school curriculum
• Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community
• Sun protective behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies