

**ST COLUMBA'S  
CATHOLIC COLLEGE**



**ACT JUSTLY**

## **SUN SMART POLICY**

**Other Related Documents:**

- St Columba's Staff Handbook

### **CONTACT PERSON**

**Principal**

- Mr Paul Ryan

**PDHPE & Sport Leaders of Learning**

- Miss Lisa Nyburg / Ms Chelsea Gawthorne

### **DATE OF PUBLICATION**

March 06

### **STATUS**

Working Document

### **DATE TO BE REVIEWED**

October 2018

### **LAST REVIEWED**

December 2017

## Rationale

Australia has the highest rate of skin cancer in the world. A balance of ultraviolet radiation (UV) exposure is important for health. Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

St Columba's Catholic College encourages students and teachers to take care in the sun by promoting a sun safe attitude, sun safe practices and a risk minimisation culture. Through this policy, we endeavour to reduce our risk of harm due to sun exposure whilst in the playground, during outdoor lessons, on sports afternoons, on excursions, during Duke of Edinburgh expeditions and at sporting carnivals.

## Purpose

This Sun Smart Policy provides guidelines to:

- Ensure all students and staff have some UV exposure for vitamin D.
- Ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures all year round, especially whenever UV levels reach 3 and above.
- Ensure the outdoor environment is sun safe and provides shade for students and staff.
- Ensure students are encouraged and supported to develop independent sun protection skills.
- Support duty of care requirements
- Support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors

This will be achieved by:

- Awareness and education
- Respect for individual rights
- Integration of policy into activities and plans
- Regular review of policy and procedures

## Legislation and Standards

- Work Health and Safety Act 2011
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)

## Policy Implementation

### Curriculum:

- Programs on skin cancer prevention and vitamin D are included in the curriculum for all stage levels.
- SunSmart behaviour is regularly reinforced and promoted to the whole College community through newsletters, College website, parent meetings, staff meetings, assemblies, student and teacher activities and on student enrolment.
- Sun Protection is addressed within the Personal Development, Health and Physical Education curriculum in all stage levels of study (such as Unit 4: Recognising Risks in Year 7)
- Senior Textiles and Design students study sun protection factor clothing as part of their Occupational Health and Safety unit.
- Construction and Primary Industries students address Sun Protection as part of their Occupational Health and Safety Units, learning about and having access to Personal Protective Equipment such as sunscreen, hats, suitable clothing and drinking water to stay hydrated.

### Healthy Physical Environment

#### 1. Seek shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The College Leadership Team makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning all other outdoor activities and excursions.
- In consultation with the College Leadership Team, shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

### Healthy social environment

#### 2. Slip on sun protective clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars, longer style dresses and shorts. Rash vests or t-shirts for outdoor swimming are always recommended.

#### 3. Slap on a hat

- All students and staff are required to wear hats.

#### 4. Slop on sunscreen

- The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use from Student Services.

#### 5. Slide on sunglasses [if practical]

- Where practical students and staff are encouraged to wear sunglasses that cover as much of the eye area as possible.

## Resources:

### Engaging children, educators, staff and families

- Staff and families are provided with information on sun protection and vitamin D through family newsletters, noticeboards and the College website.
- As part of WHS UV risk controls and role-modelling, staff, families and visitors:
  - wear a sun protective hat, covering clothing and, if practical, sunglasses when outside
  - apply sunscreen
  - seek shade whenever possible

Sunscreen is available for all students in Student Services as well as in the PDHPE storeroom for practical classes and in all first aid backpacks. Sunscreen is also available for staff in the staff lunch room.

Links for Sun safety will be available on the College website: [www.stcolumbasspringwood.catholic.edu.au](http://www.stcolumbasspringwood.catholic.edu.au)

### Sun Safe Practices:

- Students and staff wear hats and will be encouraged to wear sunscreen whilst outside in the playground, during outdoor assemblies, at Physical Education and Agriculture lessons and during sport. Students will be encouraged to take these precautions when travelling to and from school. Parents will be encouraged to support and promote these practices. Students are required to wear College hats only. These can be purchased through the College Uniform Shop.
- Physical Education and Agriculture teachers will, at their discretion or as directed, suspend outdoor lessons on days of extreme heat. Sport may also be suspended by the Principal or delegate. The Principal, or delegate, will, at his/her discretion, close parts of the playground on days of extreme heat.
- Sunscreen will be available for the use of students from Student Services. Its use will be strongly promoted by PDHPE teachers. Staff are encouraged to take every opportunity to coach students into sun safe practices.
- College Assemblies and gatherings will, wherever possible, be timetabled to avoid times of high UV exposure and may be postponed by the Principal or a delegate on days of extreme heat.

### Carnivals and Excursions

- Carnival and excursion notes will stress the importance of hats, sun sensible clothing, sunglasses and sunscreen and students will be expected to comply with instructions on sun safety.

### Evaluation and Review

This policy will be reviewed by the College October 2018

The College Leadership Team and staff regularly monitor and review the effectiveness of the Sun Smart Policy (at least once every three years) and revise the policy when required by completing a policy review.

### Relevant documents / links

- The Compact: Roles and Responsibilities in Victorian government school education: Principle 3 (2012)
- DEECD School Policy & Advisory Guide (SPAG) Sun & UV protection (2011)
- DEECD Health, Safety & WorkCover
- Catholic Education Commission of Victoria (CECV) Occupational Health & Safety Guidelines
- Independent Schools Victoria (ISV) Compliance Framework
- Victorian Early Years Learning and Development Framework (VEYLDF)
- Building Quality Standards Handbook (BQSH): Section 8.5.5 Shade Areas (Oct 2011)
- Education and Training Parliamentary Committee Inquiry into Dress Codes and School Uniforms in Victorian Schools -Government Response
- Safe Work Australia: Guidance Note for the Protection of Workers from the Ultraviolet Radiation in Sunlight (2008)
- AS 4685.1: 2014 Playground equipment and surfacing – General safety requirements and test methods