Sun Safe (Students)

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 diagnosed cancer for 15 – 44 year olds.

Presbyterian Ladies' College's Policy

Presbyterian Ladies' College 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;
- Encourage the entire college community to use a combination of sun protection measures;
- Work towards a safe college environment that provides shade for students, staff and the college 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

Presbyterian Ladies' College 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 college makes sure there is sufficient shelter and trees providing shade in the college 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;
- The availability of shade is considered when planning excursions and outdoor activities; and
- 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)**
- Primary 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.

**Hats & Clothing (Middle & Senior School)**
- Hats must be worn for outdoor sport and activities.
- Panama hats must be worn to and from school in Terms 1 and 4.
- Students must have adequate coverage to their shoulders and back when swimming or otherwise engaged in activities outdoors.

**Sunscreen**
- Whenever it is anticipated that students may be exposed to direct sun for any extended period, and therefore the potential of sunburn (e.g. at an athletics carnival), their parents/carers will be requested to provide SPF 15+ broad spectrum, water resistant sunscreen;
- SPF 30+ broad spectrum, water resistant sunscreen will also be made available for staff and students’ use in these circumstances; and
- Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours as required. Time will be allocated for sunscreen application prior to outdoor activities.

**Role Modelling**
- Staff act as role models by:
  - Wearing sun protective hats, clothing and sunglasses when outdoors;
  - Applying SPF 30+ broad spectrum, water resistant sunscreen; and
  - 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 college activities.

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

**Staff Responsibility**
All staff must follow the guidelines as set out in this policy.

**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.

**Related Policies**
- Heat Stress Policy
- Personal Protective Equipment Policy
- Sun Protection Policy