

Carinya Christian School

SUN PROTECTION POLICY

RATIONALE

Despite the many God given benefits that the sun gives us, it also has the potential for causing serious damage to our health. The increased intensity of ultraviolet radiation from the sun can cause sunburn, skin damage, eye damage, and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer. Fortunately, with good management we can protect ourselves from the detrimental effects of the sun.

Therefore, Carinya is committed to providing a sun-safe learning environment and the goals of Carinya's Sun Protection Plan are to:

- Increase student and staff awareness about skin cancer and sun protection.
- 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.

IMPLEMENTATION

The Sun Protection Plan should be taken into account throughout the school year. Particular care is needed from the beginning of August until the end of May during the peak UV times of 10am to 2pm (11am to 3pm daylight saving time).

Scheduling outdoor activities

Where possible and appropriate, staff will consider:

- Scheduling outdoor activities (e.g. assemblies, sport and physical education lessons) outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time)
- Planning outdoor activities to take place in the shaded or indoor areas.
- Sun protection when planning all outdoor events e.g. assemblies, camps, excursions, and sporting events.

Shade

- The school community is committed to providing shade in the school grounds.
- Where possible and appropriate, staff will consider the availability of shade when planning excursions and other outdoor activities.
- Students who do not have sun safe hats will be asked to play in the shade or a suitable area protected from the sun.

Hats

- As part of Uniform Policy, students below Year 9 are required to wear hats that protect their face, neck, and ears, i.e. broad brimmed or bucket hats, whenever they are outside. Senior School students must wear caps.

Clothing

- Sun safe clothing is included in our school uniform and sports uniform. School clothing is made of close weave fabric and includes shirts with collars (or covered necklines) and longer sleeves, longer style dresses and shorts. Rash vests or t-shirts are encouraged for outdoor swimming.

Sunscreen

- SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and students' use.
- Where possible and appropriate, staff will remind children to apply sunscreen before going outside.

Role modelling of staff

Staff will be encouraged to role model good sun protection behaviours by:

- Wearing sun safe hats, clothing and sunglasses when outside
- Applying SPF 30+ broad-spectrum water-resistant sunscreen

Curriculum

- Teachers will be encouraged to include skin cancer prevention principles across all year levels.

Information to the school community

- Skin cancer prevention information is promoted to the whole school community through newsletters, staff meetings and school assemblies.

Sunglasses (optional)

- Students and staff are encouraged to wear close fitting, wrap around sunglasses that cover as much of the eye area as possible and meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4).

Review

- The OH&S Committee will monitor and review the effectiveness of the Sun Protection Plan (at least once every three years) and revise the policy when required.
- Next policy review is February 2012.