



St Bernadette's School

May 2024

Sun Protection

Ratified: _____

Board Chair: _____

Principal: _____

Review Date: May 2024

PURPOSE

St Bernadette's School has a responsibility for the safety of community members in relation to exposure to ultraviolet radiation at the workplace. This policy is in accordance with the Catholic Education SA Duty of Care Procedure and with the Catholic Safety & Injury Management Procedure 1, "Maintaining Workplace Health" and applies to all school activities and events (on and off site).

Australia has the highest rate of skin cancer in the world. Despite being almost entirely preventable, skin cancer continues to affect at least two in every three Australians before the age of 70. The amount of exposure required to cause skin cancer varies greatly from one person to another. However, in most people the risk of skin cancer increases with increasing amounts of exposure to the sun.

GENERAL PRINCIPLES

St Bernadette's School promotes among students, staff, parents, volunteers, and visitors:

- positive attitudes towards skin protection
- behaviours which can help reduce sun damage and the incidence of skin cancer
- personal responsibility for skin protection
- consideration of the need for structural changes in schools to reduce the level of exposure to the sun

IMPLEMENTATION

At St Bernadette's we use a combination of sun protection measures for all outdoor activities when the UV Index is 3 and above during terms one, three and four, and whenever UV levels reach 3 and above at other times. A combination of sun protection measures is considered when planning outdoor events e.g. camps, excursions, sporting activities and swimming carnivals.

Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events are held during term two or three and start earlier in the day where practical.

At St Bernadette's **School leaders** will:

- undertake documented risk assessments in consultation with persons potentially at risk of exposure.
- reduce the exposure of outdoor workers and students to ultraviolet radiation.
- complete a shade audit regularly to determine the current availability and quality of shade in the school grounds, particularly in areas where students congregate e.g. canteen, outdoor lesson areas and popular play areas.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- encourage persons to maximise use of the shade provided by trees, buildings, and other structures.
- ensure that employees, students, parents, and volunteers are instructed as to the need to wear protection against UV radiation/sun if they are required to be outdoors.
- Be guided by advice (as updated) by Cancer Council South Australia.

At St Bernadette's **School staff** will:

- Include references to SunSmart behaviour when preparing risk assessments for outdoor activities.
- Check the forecast UV rating and sun protection times each day (SunSmart app or BoM site).
- Monitor the wearing of appropriate hats by all students during forecasted daily sun protection times when the UV Index is 3 and above.
- Explicitly teach SunSmart behaviours to students of all year levels.

- Model Sun Smart behaviour including the wearing of broad brimmed hats, protective clothing, sunscreen, sunglasses (optional) and seek shade when possible when the forecast UV index is 3 or above.
- Encourage families and visitors to use a combination of sun protection measures including sun protective clothing and hats, sunglasses, sunscreen, and shade, when participating in and attending outdoor school activities.
- Regularly reinforce and promote sun protection and the school's policy to the whole school community through newsletters and other correspondence.

At St Bernadette's **School students** will:

- Wear correct school uniform including tops with collars and longer sleeves and longer style shorts. along with broad-brimmed or bucket hats that protect the face, ears, and neck. Rash tops or t-shirts are recommended over bathers for outdoor swimming activities.
- Remain in the courtyard in the shade if they do not have their hats or appropriate clothing when UV index is 3 or above – NO HAT PLAY IN THE SHADE.
- Use a broad spectrum and water-resistant sunscreen provided by the school with a sun protection factor (SPF) of 30 or higher applied 20 minutes before they go outside and reapplied every 2 hours when outdoors. Children are encouraged to apply sunscreen before school.

The school regularly monitors and reviews the effectiveness of the sun protection policy (at least every three years) and revises the policy when required.

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