



Mary MacKillop College
Kensington

Version: 1
Approved by: College Leadership Team
Date of approval: 28 May 2012
Date of implementation: Term 3 2012
Review date: Term 2 2014

Sun Smart Policy

Be a
MacKillop
girl...

know more • do more • be more

Rationale

This policy replaces the Hot Weather Policy 5/3/08.

Australia has the highest rate of skin cancer in the world. Mary MacKillop College recognises the importance of encouraging all students and staff to protect themselves from the harmful effects of Ultraviolet Radiation (UV) exposure. Overexposure to UV from the sun during childhood and adolescence is known to be a major cause of skin cancer.

This Sun Smart Policy has been developed to reduce the risk to students and staff of over exposure to UV radiation from the sun. Comprehensive sun protection practices will be applied to all school activities including sports carnivals, excursions and camps. It is implemented throughout the year, but with particular emphasis from September to April. Skin protection should also be considered for all day outdoor activity, on a clear sunny day from May to August, when UV levels could still be 3 or above. UV level information can be obtained from the Sun Smart UV Alert on The Advertiser Weather page or at <http://www.bom.gov.au/weather/uv>.

Objectives

- Increase student and community awareness of skin cancer and other skin damage caused by exposure to UV radiation.
- Assist students to develop strategies that protect their skin from the sun.
- Work towards a safe school environment that provides shade and other sun protective measure for students and staff.
- Encourage all members of the school community to protect their skin from UV at all times but particularly at high risk times such as lunchtimes, sport, excursions and camps.
- Ensure that parents are informed of the Mary MacKillop College Sun Smart Policy.

Implementation

Shade

Shade is the key element of the Mary MacKillop College UV risk reduction strategy. The College is working towards increasing shade in its grounds, particularly in areas where students congregate. Some other strategies for increasing shade will include:

- maximising existing shade (verandahs, covered walkways)
- planting trees in clusters to increase shade area
- building seating around trees
- moving seats and tables to areas of shade
- hiring shade structures for large outdoor events.

Curriculum

Sun protection and skin cancer awareness programmes will be incorporated into the curriculum across the College. Students should not only understand how and why they need to protect their skin, but also have the opportunity to explore related issues, such as self image and peer pressure, all of which influence decision making in relation to UV exposure.

Clothing

All students are required to wear the College cap when involved in PE lessons or outdoor sport. Staff members are to act as role models by wearing appropriate hats and clothing. Students will be encouraged to wear t-shirts or lycra protective shirts over bathers while attending swimming lessons. Students are encouraged to wear sunglasses that are close fitting, wrap-around style and that conform with Australian Standards AS 1067 (1990).

Sunscreen

Students and staff will be actively encouraged to apply SPF 30+ broad-spectrum water resistant sunscreen eg prior to school, before lunch, PE lessons, sport, excursions and so on. Sunscreen is provided at the College and at all College events.

Sport and PE

- Hat wearing is compulsory, where practical, for sport and PE.
- Sports uniforms are sun protective eg shirts with collars.
- Maximise use of indoor and shade facilities.
- Where possible, outdoor lessons and sport will be scheduled outside of peak UV times.

Camps and Excursions

Appropriate College hats, sun-protective clothing and sunscreen will be required for all camps and excursions. These items will be listed on parent permission forms.

Occupational Health and Safety

The College recognises that staff members are at risk of UV damage during yard duty and outdoor events, especially physical education and sport teachers and ground staff. The College will conduct an education program for all staff about UV risk reduction strategies to be reviewed and repeated at appropriate intervals. New staff are to be informed about UV risk reduction strategies and relevant information will be included in the College Staff Handbook. Staff are strongly encouraged to keep a broad brimmed hat, sunglasses and long sleeve shirt at school for use during outdoor activities. An umbrella may be used for any staff who does not wish to wear a hat.

Outdoor Events

Outdoor events are either scheduled out of peak UV radiation time or held in an area where all students can be in shade.

Communication of the Sun Smart Policy

Sun protection will be promoted throughout the year via the school newsletter, assemblies, daily messages, parent and staff meetings and whole school activities.

Monitoring and Evaluation

The Sun Smart Policy will be monitored by the College Leadership Team who will ensure that the policy is reviewed every two years and they will contact the Cancer Council of South Australia annually to ensure that up to date information is maintained in relation to resources and policy information.