



Ringwood Secondary College

Sun and UV Protection Policy

Version No: 4

Date: November 2014

Committee: Policy and Education

Rationale

Australia has the highest rate of skin cancer in the world. Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin and eye damage and increases the risk of developing skin cancer. Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Melanoma is the most common cancer in young Australians aged 13-24 years.

It is estimated that more than 75% of all skin cancers could be prevented by practising sun protection in childhood and adolescence. This policy has been developed as part of our commitment to a safe school environment, to reduce the risk to students and staff of exposure to UV radiation from the sun.

Aims:

To provide guidance to students and staff and encourage adoption of sun protection strategies through:

- Increasing student and staff awareness of skin cancer and other damage caused by exposure to UV radiation.
- Work towards a safe school environment that provides shade and other sun protective measures for the entire school community.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Ensure that families and new staff are informed of the school's sun protection policy.

Implementation

Clothing

Sun protective clothing is included in our school uniform/dress code and sports uniform. All students are expected to wear sun protective clothing from the beginning of September until the end of April, as this is when UV Index levels are high enough (3 and above) to damage the skin and lead to skin cancer.

Hat

All students are encouraged to have their RSC wide brimmed hat at school.

For outdoor classes and sport, hats are to be worn January to May and from 1 September to the end of Term 4 as recommended by the Cancer Council.

Students are strongly encouraged to wear their hat whenever they are outside in the sun (January to May and September to December). This includes when travelling home after school.

Sunglasses

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

Sunscreen

All students are encouraged to bring their own sunscreen to school. Teachers will direct students to use sunscreen before going to outside activities such as PE classes. SPF 30+ broad spectrum, water resistant sunscreen is available for staff and students' use. Sunscreen should be applied at least 20 minutes before going outdoors and re-applied every two hours if outside for long periods.

Physical Education and Sport Education

All students are to be protected from the sun during outdoor physical education and sport activities. On days of extreme temperature /UV ratings, teachers will try to minimise activities in the sun.

Between January and May and from 1 September until the end of Term 4, all students should wear sun protective hats and sunscreen when outdoors.

Outdoor Activities, Camps, and Excursions

This policy is considered when planning all outdoor activities eg assemblies, camps, excursions and sporting events. Where possible outdoor activities/events will be scheduled earlier in the morning or later in the afternoon or indoor venues will be considered.

Adult Role Models

Staff have a responsibility to act as role models by using a combination of sun protection measures. When the UV Index is 3 and above, staff are encouraged to wear sun protective clothing and hats, sunglasses, sunscreen and/or seek shade whenever possible outside.

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 school activities.

Shade:

The Facilities Committee of Council monitors provision of shade in the college and will continue to work towards increasing the number of shade areas so as to provide adequate sun protected areas in the school grounds particularly where students congregate.

The Facilities Committee also ensures shade provision is considered in plans for future buildings and grounds.

Students are encouraged to use shade when outside particularly if they are not wearing appropriate hats or clothing.

Curriculum

Sun protection and educational programs are incorporated into appropriate areas of the secondary school curriculum.

Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.

Sun protective behaviour is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings, school assemblies, and on student enrolment.