



LOYOLA COLLEGE

SUNSMART POLICY

Intended audience	Loyola College Community
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PREAMBLE

Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

Melanoma is one of the most commonly diagnosed cancers in Victorians aged 15–29. Yet most skin cancers can be prevented by using sun protection measures at appropriate times of the year. The sun's ultraviolet (UV) radiation is the major cause of skin cancer.

UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Given school hours fall within peak UV periods of the day, this policy will assist the students and staff to adopt healthy UV practices.

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.

GUIDING PRINCIPLES

At Loyola College, our aim is to provide measures which will reduce the risk of exposure to UV radiation from the sun. The objectives of this sun protection policy are to:

- ensure all students and staff are protected from over-exposure to UV radiation
- ensure the outdoor environment provides shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection
- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- support duty of care requirements
- support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors
- ensure that families and new staff are informed of the school's sun protection policy

Implementation

Strategies 1-4 (clothing, sunscreen, scheduling of classes/activities, role modelling) will be implemented from mid-August to 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.

Strategies 5-7 (shade, curriculum, staff OH&S) are ongoing and will therefore be implemented at various times throughout the year.

1. Clothing

Sun protective clothing is included in our school uniform/dress code and sports uniform in the following ways. As we work towards achieving all the standards below, over time, a minimum of three must be acted upon.

- The summer uniform/dress code includes a shirt with at least elbow length sleeves and a collar that sits close to the neck, above the collarbone.
- The summer uniform/dress code includes longer style skirts/shorts/ pants at least to the knee.
- The sport uniform/dress code includes a shirt that covers the shoulders well and a collar that sits close to the neck, above the collarbone. The sport uniform also includes an optional long sleeve collared shirt that covers the arms.
- Students and staff are strongly encouraged to wear hats that protect their face, neck and ears (i.e. caps, broad brimmed (optional) or bucket hats (optional)), whenever they are outside. During sport and physical education classes in terms 1 and 4, baseball caps are worn where a broad brimmed or bucket hat may be impractical.
- The sport uniform/dress code includes longer style shorts/ pants at least to the mid-thigh.
- Rash vests or T-shirts are strongly encouraged for outdoor swimming, when students are waiting to compete.
- Students and staff are encouraged to 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.

2. Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and students' use and students are encouraged to bring their own sunscreen to school.
- Staff encourage students to use sunscreen and provide time for students to apply sunscreen before going outside.
- The school community is educated about the correct use of sunscreen and the level of protection it provides.
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3. Scheduling

- This policy is considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events.
- Where possible, outdoor activities/events will be scheduled earlier in the morning or later in the afternoon. Alternatively, shaded or indoor venues will be considered.

4. Role modelling

- Staff are encouraged to act as role models by using a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when outside.
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

5. Shade

- Loyola College ensures that shade is available in the school grounds particularly in areas where students congregate – for example, lunch areas, canteen, and outdoor lesson areas.
- Loyola College will ensure that shade provision is considered in plans for future buildings and grounds.
- Processes for the planning of outdoor activities and excursions include the consideration of shade.
- Students are encouraged to use shade when outside particularly if they are not wearing appropriate hats or clothing.

6. 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 and school assemblies.

7. Staff OH&S

From a workplace perspective, secondary schools must ensure, so far as reasonably practicable, that staff are protected from UV exposure when outdoors during peak UV periods. Staff members must also take reasonable care for their own health and safety by complying with reasonable instructions and co-operating with policies or procedures relating to health and safety in the school environment.

- Sun protection is included in staff training to enable staff to work safely outdoors and to encourage them to be positive role models.
- Sun protection information is included in staff handbook/orientation materials
- New staff are given a copy of this policy.
- The school planner includes a copy of or reference to the school UV policy.

RELEVANT DOCUMENTS

SUNSMART Policy, Department of Education and Training – Victoria