



St Patrick's College  
LAUNCESTON

# **SUNSMART PROTOCOL**

APRIL 2020 | V2.1



St Patrick's College  
LAUNCESTON

## SUNSMART PROTOCOL

<b>VERSION NUMBER:</b>	<b>2.1</b>	<b>APPROVED BY:</b>	<b>Leadership Team</b>
<b>DRAFTED BY:</b>	<b>Leadership Team</b>	<b>DATE APPROVED:</b>	<b>April 2020</b>
<b>RESPONSIBLE/ BREACHES REPORTABLE TO:</b>	<b>Deputy Principal Pastoral Care</b>	<b>SCHEDULED REVIEW DATE:</b>	<b>April 2023</b>

### PURPOSE

The purpose of this protocol is to establish guidelines for the College, employees, students, parents and volunteers to comply with the St Patrick's College SunSmart Protocol based on recommendations made by Cancer Council Tasmania.

A healthy balance of the sun's UV (ultraviolet) radiation exposure is important for health.

Over-exposure to UV rays can cause sunburn, skin damage, eye damage and increased risk of skin cancer. Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.

Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth and for general good health.

This protocol aims to ensure, as is reasonably practicable, students and staff to maintain a healthy UV balance all year round and encourages sun protection when UV Index levels reach 3 and above and safe sun exposure for vitamin D.

### PROTOCOL FRAMEWORK

St Patrick's College acknowledges that health, safety and wellbeing of people are central to the values of the College.

The College also recognises that it is responsible and accountable for ensuring, so far as reasonably practicable, the health and safety of students, staff and other persons who either enjoy or use the services and facilities of the College.



To meet these social, moral and legal obligations the College is committed to:

- The provision and maintenance of an environment which minimises risks to health, safety and wellbeing
- The provision of guidelines for a year round approach to sun safety and safe sun exposure for vitamin D

## PROCEDURE

- To support this protocol, the College shall implement and monitor SunSmart recommendations made by Cancer Council Tasmania, as follows:
- From **September to April** (when UV levels in Tasmania are usually 3 and above), sun protection (including hats, sunscreen, clothing, shade and sunglasses) should be used when UV levels are 3 or above prior to being outdoors for more than a few minutes.
- Most Australians have adequate vitamin D levels just from doing typical day-to-day activities. A few minutes of mid-morning or mid-afternoon sun exposure to arms and hands on most days of the week should be sufficient to maintain adequate Vitamin D.
- Staff and students should extra care in the middle of the day when UV levels are highest.
- From **May to August** (when UV levels in Tasmania are usually below 3) sun protection is not necessary unless near snow or other reflective surfaces.
- To support vitamin D production, spend time outdoors in the middle of the day with some skin uncovered. Being physically active while outdoors helps to boost vitamin D levels.

While at school, students and staff shall be encouraged to:

- Take reasonable care for their individual health and wellbeing.
- Co-operate with any reasonable protocol or procedure of the College in relation to health and wellbeing.
- Participate in education sessions to support the objectives of this protocol.

## UV Levels

- The College provides UV Alerts via communication methods such as Schoolbox and the Daily Bulletin.
- Staff and students are encouraged to check the UV Alert on a daily basis via the above means, or at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/uv/index.shtml> or on the free SunSmart app or widget.

## Clothing

- Sun-safe clothing is part of the College uniform and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts. Students are encouraged to wear rash vests or T-shirts for outdoor swimming.
- Clothing exposing large amounts of shoulder and upper torso (e.g. singlets, tank tops and strappy dresses), are not considered suitable.

## Hats

- Students and staff are strongly encouraged to wear sun-safe hats that protect the face, neck and ears when outside. The College Uniform Store sells sun-safe broad brimmed hats. Alternate College issued hats are an acceptable alternative when undertaking activities where a recommended sun-safe hat is not considered appropriate, such as rowing.

**Shade**

- The College is committed to providing shade in areas where students congregate such as lunch areas, canteen and outdoor lesson areas.
- Students are encouraged to use shade when outside, particularly if they are not wearing appropriate hats or clothing.
- Availability of shade is considered when planning excursions and all outdoor activities.

**Sunglasses**

- Students and staff are authorised and encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067:2003 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

**Sunscreen**

- SPF 30+ broad spectrum (or higher), water resistant sunscreen is available for staff and student use and students are encouraged to bring their own sunscreen to school.
- The College provides a supply of sunscreen for various outdoor events including sports carnivals, health and physical education and wellbeing activities.
- Staff encourage students to use sunscreen and provide time for students to apply sunscreen before going outside.
- The College community is educated about the correct use of sunscreen and the level of protection it provides.

**Advice for Darker Skinned Students**

- Everyone needs to take care in the sun. Although people with naturally very dark skin (skin that rarely or never burns) may be less at risk than those with light skin colour, it is important to keep in mind that all sun exposure carries a risk of skin and eye damage and skin cancer. While some sun exposure is necessary for the production of vitamin D, extended and deliberate sun exposure without any form of sun protection when the UV Index is 3 or above is not recommended, even for those diagnosed with vitamin D deficiency. It is recommended that people who may be at risk of vitamin D deficiency discuss their vitamin D requirements with their medical practitioner to determine if dietary supplementation, rather than sun exposure, is appropriate.

**Scheduling**

- This protocol 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 to minimise time in direct sun e.g. earlier in the morning or later in the afternoon.

**Staff OHS, Role Modelling and Education**

- Staff are strongly recommended and encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when UV is 3 and above.
- 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.
- Educational programmes on skin cancer prevention and healthy UV exposure for vitamin D are incorporated into appropriate areas of the school curriculum.
- Students are encouraged to be involved in initiatives to promote and model appropriate UV exposure measures to the whole College community.

- Appropriate UV exposure measures are regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings, bulletins and school assemblies.
- For employees who spend considerable periods of their work days outside, specifically Grounds and Maintenance employees, St Patrick's College provides:
  - Sun protective work clothing
  - Sun protective hats
  - Sun protective sunglasses
  - Sunscreen

### **Related Guidelines & Procedures**

25b Being Sun Smart in Tas

25d Sunscreen Info Sheet 2012

25e SunSmart Eyes

### **Support Resources**

<http://www.cancertas.org.au/prevent-cancer/sunsmart>

<http://www.cancertas.org.au/sunsmart-secondary-school-program>

<http://www.cancertas.org.au/vitamin-d/>

<http://www.generationsunsmart.com.au/>

<http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>

<http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood>