



## Sun Safe Policy

### Rationale

Research clearly indicates that childhood sun exposure is an important contributing factor to the development of skin cancer in later life. Being sun smart is an important life-long habit that looks after the health of all Australians. ESHS realises the need to protect the skin of both students and staff, and to provide education about sun smart behaviour, thus reducing the risk of skin damage from exposure to the sun.

### Aims

ESHs endeavours to minimise the exposure of its students and staff to harmful UV radiation from the sun through:

- Enforcement of a sun smart dress code
- A focus on providing appropriate and sufficient shade facilities
- Education within the curriculum to develop awareness and foster self-responsibility for skin cancer prevention and early detection
- A proactive risk management system ensuring sun protection is managed effectively for all school activities.

### Implementation

- The school will inform parents of the sun-safe policy when a child enrolls.
- The sun safe policy will be available on the school website.
- The school will seek ongoing support from parents for the policy and its implementation through the newsletter.
- Provide loan hats for students without a hat, or wearing the incorrect hat.
- All new staff will be informed of the sun-safe policy at their health and safety induction.
- Incorporate education programs that focus on skin cancer prevention into the school curriculum.
- Ensure the students wear the uniform in a way that complies with the sun safe policy.
- Provide SPF30+ broad-spectrum water-resistant sunscreen when involved in outdoor activity. Students are also encouraged to supply and reapply their own at regular intervals.
- Proactively encourage students in the use of their SPF30+ broad spectrum sun screen.

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- Provide adequate SPF30+ broad spectrum sun screen in outdoor Physical Education classes, and outdoor activities. Parents are to advise the school if their child has an allergy to a specific sunscreen brand, and will use their own or none if this is the case.
- Encourage students without adequate sun protection to use shade areas during morning tea and lunch times.
- Ensure students wear Elanora SHS hats (Elanora branded house/plain bucket or cap) in areas identified as a 'Hat Zone' during lunch breaks and class time. (see map)
- Students without a hat, or wearing an incorrect hat, will be referred to the Wellbeing Hub for a loan hat (hats are washed after every wear).
- Allow students to wear swim shirts, long or short sleeve of lycra fabric with a UVP rating.
- Encourage all staff to act as positive role models for students in all aspects of sun-safe dress and behaviour.
- Ensure that the risk of exposure to UV radiation is included in the risk assessment for all activities, which will include ensuring that adequate shade is provided for sports carnivals and other outdoor events.

- Sun Smart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.
- Review the school uniform code regularly with consideration to the Queensland Cancer Fund Sun Smart clothing guidelines.

### Expectations of Students

Students should:

- Be aware of the school sun safe policy
- Take responsibility for their own health and safety by being sun smart, and complying with school requirements
  - using SPF30+ sunscreen
  - wearing a hat in any Hat Zones
- When practicable, use shaded or covered areas when outdoors
- Act as positive role models for other students in all aspects of sun smart behaviour
- Participate in sun smart education programs.

### Expectations of Staff

Staff should:

- Carry out a risk assessment for any outdoor activity and/or follow the UV protection controls established in the risk management plan
- Remind students of sun smart behaviour as required
- Ensure all students participating in outdoor activities are wearing a hat, including break times and class activities
- Refer students without a hat or wearing the incorrect hat to the Wellbeing Hub for a loan hat for the day
- Act as good role models with respect to sun smart behaviour, by using sunscreen, wearing sun glasses and a hat and/or using an umbrella.

### Expectations of Parents

Parents should:

- Provide the components of the school sun smart uniforms for their child, including the appropriate hat
- Provide their child with adequate SPF30+ broad spectrum water resistant sunscreen, and encourage them to use it
- Act as positive role models by practising sun smart behaviour
- Support the school sun smart policy.

