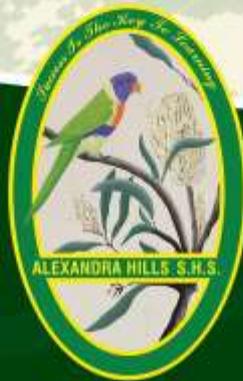


ALEXANDRA HILLS  
STATE HIGH SCHOOL

RTO NO: 30209

# SUN SAFE POLICY



# Sun Safe Policy

## Rationale

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

Being Sun Smart is an important life-long habit that is important to the health of all Australians. Alexandra Hills State High School realises the need to protect the skin of both students and staff, and to provide education about SunSmart behaviour, thus reducing the risk of skin damage from exposure to the sun.

## Aims

Alexandra Hills State High School 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
- 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 30+ 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 30+ broad spectrum sun screen.
- Provide adequate 30+ 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 specific sunscreen brand, and will use their own or none of this is the case.
- Encourage students without adequate sun protection to seek shade areas during morning tea and lunch times.
- Encourage students to wear sunglasses where it is safe and practical to do so
- Encourage students to wear swim shirts, long or short sleeve of lycra fabric with a UVP rating when involved in outdoor swimming activities
- 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 protection and skin cancer awareness programs are incorporated into appropriate areas of the school curriculum
- Review the school uniform code regularly with consideration to the Queensland Cancer Fund SunSmart 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 SunSmart, and complying with the school requirements and using 30+ sunscreen and wearing a hat and sun glasses where possible
- When practicable, use shaded or covered areas when outdoors
- Act as positive role models for other students in all aspects of SunSmart behaviour
- Participate in SunSmart 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 SunSmart behaviour as required
- Act as good role models with respect to SunSmart behaviour.

## **Expectations of Parents**

Parents should:

- Provide the components of the School SunSmart uniforms for their child, including the appropriate hat
- Provide their child with adequate 30+ broad spectrum water resistant sunscreen, and encourage them to use it
- Act as positive role models by practising SunSmart behaviour
- Support the school SunSmart policy

