

# Kingston High School



DEPARTMENT OF  
EDUCATION  
*learners first*

## Sunsmart UV policy

Cancer Council Tasmania recognises the importance of promoting healthy sun protection practices through policy development in schools, therefore, has developed this policy to ensure that staff and students are protected against overexposure to ultraviolet radiation (UVR).

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 the age of 70 <sup>(i)</sup>. Melanoma is the most common cancer in young Australians aged 15 – 29 years <sup>(ii)</sup>. Sun exposure in childhood and adolescence is an important determinant of melanoma and other skin cancers in later life <sup>(iii)</sup>.

Over-exposure to UVR causes sunburn, skin damage and increased risk of skin cancer. Skin cancer can be prevented by using a combination of the five sun protection measures during the daily sun protection times such as:



Slip on sun protective clothing



Slop on SPF 30+ or higher broad spectrum, water resistant sunscreen - reapplying every 2 hours.



Slap on a broad brimmed hat that shades the face, neck and ears



Seek shade



Slide on sunglasses.

Being SunSmart in Tasmania means using sun protection when UVR levels reach 3 and above, this occurs from September to April. From May to August, sun protection is not recommended unless near highly reflective surfaces such as snow or working outdoors for extended periods. Therefore, schools need to implement sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Implementing sun protection measures throughout Terms 1 and 4 only is insufficient to protect against UVR risks.

Given school hours fall within peak UVR times, a comprehensive policy will help schools to adopt healthy UV practices. Staff are encouraged to access the daily local UV level and sun protection times at <http://www.cancertas.org.au/>, <http://www.bom.gov.au/tas/uv/>, [www.myuv.com.au](http://www.myuv.com.au), or on the free SunSmart app or widget.

Kingston High School has developed this policy in conjunction with Cancer Council Tasmania to ensure that staff and students are protected against overexposure to ultraviolet radiation (UVR).



**The following five prevention measures are implemented to protect against excessive UVR exposure and will occur when UVR levels reach 3 and above:**

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#### Shade

- Shade is available in areas where students congregate for example, lunch areas, canteen, and outdoor lesson areas.
- Availability of shade is considered when planning excursions, camps, sport carnivals and all outdoor activities.

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#### Hats

- A bucket style hat is encouraged as a part of the school uniform. During sport classes, caps may be worn where sun protective hats are impractical (in combination with the other sun protection measures).

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#### Clothing

Sun protective clothing is included in our school uniform/dress code and sports uniform in the following ways:

- 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.

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#### Sunscreen

- SPF30 (or higher) broad-spectrum, water-resistant sunscreen is available for staff and students to use.
- The school community is educated about the correct use of sunscreen and the level of protection it provides (applied 20 minutes before going outside and reapplied every 2 hours).

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#### Sunglasses

- Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) are encouraged for staff and students.



## **The following five categories are sun protection measures for the school community:**

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### Education

- Sun-protective behaviour and awareness of skin damage and skin cancer caused by over exposure to UVR is regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings and school assemblies.
- Families and new staff are informed of the school's UV policy.

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### Role modelling

- When UVR levels reach 3 and above, staff are expected to role model a combination of sun protection behaviours when outside.

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### Planning

- The UV policy is embedded in the school's risk management planning and is reflected in the planning of all outdoor events and excursions.

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### Staff Work, Health and Safety

- Staff members are provided with a copy of the school's UV policy.
- SunSmart education is included in staff training to enable staff to work safely outdoors and to encourage them to be positive role models.

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### Vitamin D

From May to August in Tasmania, average UVR levels are below 3, therefore, sun protection is not recommended during these months unless in alpine regions, near highly reflective surfaces such as snow or outdoors for extended periods. Therefore:

- Sun protection is not implemented from May to August unless in alpine regions, near highly reflective surfaces such as snow or outdoors for extended periods.
- Due to higher UVR levels in alpine areas, a combination of sun protection measures is used on snow excursions and ski camps.



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## Review

This policy and membership will be reviewed every 3 years with Cancer Council Tasmania for updating as new evidence becomes available.

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Date: August 2018

Review date: August 2021

### Relevant documents/links

- Department of Education: Sun Protection Policy (Doc ID: TASED-4-5152)
- Tasmanian Catholic Education Commission: Workplace Health and Safety Policy
- Work Health and Safety Act 2012 Tasmania
- <http://www.cancertas.org.au/prevent-cancer/sunsmart/>
- <http://www.cancertas.org.au/wp-content/uploads/2015/07/Being-SunSmart-in-Tasmania-flier-FINAL-9-June-2015.pdf>
- <http://www.generationsunsmart.com.au/>
- <http://kidskin.generationsunsmart.com.au/>
- <http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget>

This information is based on current evidence available at time of review. Last updated: January 2017  
For more information:

e: [sunsmart@cancertas.org.au](mailto:sunsmart@cancertas.org.au) p: 1300 65 65 85 w: [www.cancertas.org.au/prevent-cancer/sunsmart/](http://www.cancertas.org.au/prevent-cancer/sunsmart/)

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i Staples MP, Elwood M, Burton RC, Williams JL, Marks R, Giles GG. Non-melanoma skin cancer in Australia: the 2002 national survey and trends since 1985. *Med J Aust.* 2006;184(1):6-10.

ii Australian Institute of Health and Welfare. Cancer in adolescents and young adults in Australia. Canberra, Australia: Australian Institute of Health and Welfare, 2011. Cancer series no. 62. Cat. no. CAN 59

iii Whiteman DC, Whiteman CA, Green AC. Childhood sun exposure as a risk factor for melanoma: a systematic review of epidemiologic studies. *Cancer Causes Control.* 2001;12:69-82.

