



# **Sun Smart Policy**

**Compiled By:** The Principal  
**Approval Date:** August 2023  
**Approval Authority:** The Principal  
**Publicised:** ERM

## **As at August 2023**

**Date of Next Review:** August 2026

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**Revision History**

Date	Status	Revision no	Author	Approver
September 2020	Draft	1	Principal	Principal
	Approved for publication	1	Principal	College Exec
August 2023	Approved for publication	1	Principal	College Exec

## 1.0 Rationale

Australia has the highest incidence of skin cancer in the world which is linked to one of the world's higher mortality levels in this area.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin damage and skin cancer is preventable.

Immanuel Lutheran College acknowledges it can help reduce the risk of skin cancer by encouraging all members of the College community to take effective measures.

The aim of this policy is to promote among the students, staff, and parents of Immanuel Lutheran College (ILC):

- Positive attitudes towards skin protection;
- Lifestyle practices, which can help reduce the incidence of skin cancer and the number of related deaths, for example, by using shade and wearing protective clothing;
- Personal responsibility for decision-making about skin protection;
- Awareness of the need for environmental changes in the school to reduce the level of exposure to the sun.

## 2.0 Scope

These guidelines apply to our College community – ILC staff, students and parents.

## 3.0 Definitions

### Sun Protection SPF

SPF (sun protection factor) is a relative measure of how long a sunscreen will protect you from ultraviolet (UV) B rays. Assuming it is applied correctly, if you'd burn after 20 minutes in the sun, an SPF 30 sunscreen protects for about 10 hours.

### Skin Cancer

**Skin cancer** is the out-of-control growth of abnormal cells in the epidermis, the outermost **skin** layer, caused by unrepaired DNA damage that triggers mutations. These mutations lead the **skin** cells to multiply rapidly and form malignant tumours.

### WHS

Work Health and Safety

### UV

Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as solariums. The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage.

## 4.0 Responsibilities

### 4.1 Principal

- Communicate the Sun Smart Policy within the ILC community.
- Enforce the Sun Smart Policy.

### 4.2 Employees

- Comply with the Sun Smart Policy and communicate same to both students and parents.

### **4.3 Students**

- Comply with the contents of the Sun Smart Policy as a condition of enrolment.

### **4.4 Parents**

- Endorse compliance of the Sun Smart Policy.

## **5.0 Guidelines**

### **Implementation Strategies for Sun Protection**

The College maintains a sun protection policy to:

- Provide information on cancer prevention;
- Encourage positive role-modelling of 'sunsmart' behaviour by all members of staff;
- Encourage staff and students to protect themselves adequately from the sun;
- Encourage students without adequate protection to use shaded or covered areas at recess and lunchtime;
- Encourage students to be actively involved in initiatives to protect the College population from excessive exposure to the sun;
- Require students and staff to wear an appropriate hat when at play at break times;
- Schedule outdoor activity to avoid excessive sun exposure, including adequate risk assessment prior to all outdoor activities; and
- Provide for cancellation/postponement of outdoor activities on extreme weather days (refer to Sports Medicine Australia guidelines).

As part of our Physical Education and Sport Programs, the College will expect all students to:

- Wear an appropriate hat for all outdoor sporting activities;
- Wear long or short sleeved, school sports shirts;
- Apply sunscreen to unprotected skin; and
- Wear protective sunglasses for outdoor activities when and where appropriate.

### **Healthy Physical Environment**

Seek shade

- The College ensures there are sufficient shelters and trees providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, cafe, assemblies, sports, outdoor lessons and popular play spaces;
- The availability of shade is considered when planning all other outdoor activities;
- Students are encouraged to use available areas of shade when outside;
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun; and
- Shade provision is considered in plans for future buildings and grounds.

### **Healthy Social Environment**

- Provide shelter from the sun (eg. pop up tents, shade sails, tree planting);
- Slip on sun protective clothing;
- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is cool, loose-fitting and made of densely woven fabric. It includes shirts with collars and elbow-length sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming;
- Slap on a hat. All students are required to wear broad brimmed hats that protect their face, neck and ears whenever they are outside. Peak caps and visors are not considered a suitable alternative;

- Slop on sunscreen. The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and students' use;
- Sunscreen should be applied at least 20 minutes (where possible) before going outdoors and reapplied every two hours; and
- Slide on Sunglasses (if practical). Where practical students 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.

### **Learning and Skills**

Programs on sun protection and vitamin D are included in the curriculum for all year levels.

### **Engaging Children, Educators, Staff and Families**

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website / learning management system, staff and parent meetings, school assemblies, student and teacher activities and on student enrolment / new staff orientation.

As part of WHS UV risk controls and role-modelling, College staff should:

- Wear a sun protective hat, covering clothing and, if practical, sunglasses;
- Apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen;
- Seek shade whenever possible; and
- Give frequent reminders about re-application of sunscreen.

## **6.0 Procedures**

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the free SunSmart app or at <https://www.sunsmart.com.au/>.

## **7.0 Associated Documentation**

- Occupational Health and Safety Act 2004
- Education and Training Reform Act 2006: Sch.5 Reg. 1 (1.2)