



Latrobe High School

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LATROBE HIGH SCHOOL

SUN CARE/UV POLICY

RATIONALE Scientific evidence has shown that exposure to sun on a regular basis, particularly during times of high level UV radiation, increases the risk of skin cancer. Avoidance of exposure and adequate protection should be regarded as responsible action and the school has an important role to play in ensuring protection and providing students with relevant information. Being SunSmart is a whole-of-year approach. It means using sun protection when the UV is 3 and above (usually mid-September to mid-April), and safe sun exposure for vitamin D (usually mid-April to mid-September).

PURPOSES

1. To promote self-awareness and personal responsibility for skin care during outdoor activities.
2. To develop positive attitudes towards the dangers of sun exposure.
3. To present good role models and create greater awareness in the wider school community of the need for sun protection.
4. To encourage students to wear appropriate clothing and to use available shade areas for outdoor activities.
5. To educate students about the risk of continual exposure to UV radiation.
6. To continue the process of learning, encouragement, and reinforcement of sun protection behaviour that has been developed by primary school programs.

GUIDELINES

1. The UV Alert is checked daily <http://www.cancertas.org.au/healthy-living/sunsmar> or <http://www.bom.gov.au/uv/iphoneapp.shtml>
2. Students will be encouraged to wear broad brimmed sunsafe hats that protect the face, neck and ears when outside.
3. Students will be encouraged to apply SPF 30+ (or greater) sun screen 20 minutes before school-based outdoor activities, PE lessons, camps, excursions and sports carnivals. If outside for extended periods sunscreen should be re-applied every 2 hours.

4. Sunsafe clothing is part of the school and sports uniform (shirts with collars, sleeves, longer style dresses and shorts and rash vests or T-shirts for outdoor swimming)
5. Sunglasses - Close-fitting wrap-around sunglasses that comply with Australian Standards AS1067:2003 (Category 2, 3 or 4) can be worn but are optional.
6. Students are encouraged to use areas of shade for outdoor activities. Where possible outdoor activities are scheduled outside peak UV times of 10 – 2pm (11-3pm daylight saving time)
7. Students with naturally very dark skin (skin types 5 and 6 – see Fitzpatrick Skin Type Chart) may need 4-6 times as much sun for vitamin D production and do not need long-sleeved tops or sunscreen, unless outdoors for extended periods. However, they should still wear hats or sunglasses to protect their eyes when UV is 3 or above
8. **To help maintain adequate vitamin D levels** sun protection will not be used when average peak UV levels are below 3 (usually from mid-April to mid-September) unless in alpine regions, near highly reflective surfaces such as water and snow or outdoors for extended periods.
9. School programmes will include information relating to skin care and UV radiation.
10. Staff will act as role models and provide guidance when conducting outdoor activities.
11. The school will promote greater awareness about skin cancer to the school community through newsletters, pamphlets and health forums.
12. Future grounds development will continue to reflect the school's commitment to UV awareness.

CONCLUSION: This formalised policy relating to sun care and UV radiation is to emphasise and remind the school community of the necessity to take care with regard to this important health issue.

Review Our sun protection policy will be submitted for review to Cancer Council Tasmania once every three years, for updating as new evidence becomes available

Date: June 2014

Endorsed by School Association: 9 September 2014