



MARYMOUNT

College

## Sun Safe Policy

### Rationale

Queensland has the highest rate of skin cancer in the world. Two out of every three Queenslanders will develop some sort of skin cancer in their lifetime. Research suggests that at least two-thirds of all melanomas occurring in Australia could be prevented if children were protected from the sun during their first 15 years.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable.

Ultraviolet radiation (UVR) levels are highest during the hours that children are at school.

With this in mind Marymount College realises the need to protect children's skin and educate them about Sun Smart behaviour, thus reducing the risk of skin damage from exposure to the sun.

### Aims

The policy aims to:

- provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection.
- provide environments that support Sun Smart practices.
- create an awareness of the need to reschedule work commitments and outdoor activities to support Sun Smart practices.

### PROCEDURES

Our school recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year.

The purpose of the Sun Smart policy is to ensure that all students attending our College are protected from the harmful effects of the sun throughout the year.

### Our commitment

Marymount College will:

- inform parents of the Sun Smart policy when they enrol their child
- include the Sun Smart policy statement on the College Website
- increase the amount of shade in the school grounds, where possible, by building shelters and planting trees
- incorporate education programs that focus on skin cancer prevention into the school curriculum
- encourage all staff to act as positive role models for students in all aspects of Sun Smart behaviour
- seek ongoing support from parents and the school community for the Sun Smart Policy and its implementation, through newsletters, parent meetings etc.
- ensure that all students and staff wear hats that protect the face, neck and ears, and SPF 30 or higher, broad-spectrum, water-resistant sunscreen, when involved in outdoor activities
- monitor and enforce the compulsory College rule of wearing the school bucket hat at all times when outdoors
- encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times
- review the school uniform, where practicable, to conform with the Queensland Cancer Fund Sun Smart clothing guidelines
- ensure that, wherever practicable, outdoor activities during summer take place before 10am or after 2pm (Australian Eastern Standard Time [AEST])
- ensure that adequate shade is provided at sporting carnivals and other outdoor events
- encourage staff and students to wear sunglasses for outdoor lessons where it is safe to do so
- review the Sun Smart policy annually.

### **Our expectations**

Students will:

- be aware of the school's Sun Smart Policy
- take responsibility for their own health and safety by being Sun Smart
- use shaded or covered areas, where possible, for outdoor activities
- comply with Sun Smart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses
- apply SPF 30 broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors
- act as positive role models for other students in all aspects of Sun Smart behaviour
- help to design and regularly update the Sun Smart policy
- participate in Sun Smart education programs and initiatives to protect the college population from excessive exposure to the sun.

### **Source:**

Queensland Cancer Fund (1997) *Working towards a SunSmart Queensland: a policy guide for organisations*  
 BCE Administrative Handbook 1109 *Sun Protection*