



MOUNT CARMEL
COLLEGE

We Nurture We Challenge We Care

SUN PROTECTION POLICY

Australia has the highest rate of skin cancer in the world. It is estimated that practising sun protection in early childhood and adolescence could prevent more than 75% of all skin cancers.

Cancer Council of Tasmania

Context and Rationale

The Mount Carmel College Sun Protection Policy has been developed with the aim of working towards a safe school environment which provides all members of our College community with protection from over exposure to the harmful ultra violet rays of the sun. This objective is the shared responsibility of students, parents and staff within the College community.

This policy applies throughout Terms 1 and 3 only. Research indicates that some UV radiation should be received during the winter months (without sunscreen or hats) to maintain adequate levels of Vitamin D.

Cancer Council Tasmania recommends a year round approach to safe UV exposure to receive sufficient vitamin D for good health and wellbeing; but to also ensure skin is protected from sunburn and the risk of skin cancer at times.

SunProtection is recommended when the UV Index is 3 or above or in alpine areas, near highly reflective surfaces or if outside for extended periods of time in low UV.

The College will

- * Include a sun hat as part of the College uniform and *strongly encourage* students to wear this hat during outdoor lessons, at recess, lunch breaks and in sports activities.
- * Require suitable hats, clothing and sunscreen for all camps and excursions. These requirements will be listed on excursion permission forms.
- * Require students to remain in the shade or indoors if they do not have adequate sun protection at recess, lunch or during other outdoor activities.
- * Ensure that sun protection and skin cancer awareness and prevention programs are incorporated into the school's curriculum in all year groups.
- * Reinforce and promote the importance of sun protection to the whole school community on a regular basis throughout the year via:
 - ♦ the College bulletin
 - ♦ daily admin notices
 - ♦ assemblies and staff meetings
 - ♦ handbooks and student diaries
 - ♦ whole school activities.

- * Ensure there is adequate provision of shade within the school grounds for staff and students and give consideration to further shade requirements in planning and budgeting. (Shade being defined as a shadow cast by a building, not a tree.)
- * Give consideration to the scheduling of outdoor events such as College assemblies and PE lessons and, where possible, avoid the high risk UV times during the day.
- * Ensure sun protection for all teachers involved in outdoor activities especially Physical Education teachers, is provided.

Staff will:

- * Assist students to develop strategies, which encourage responsible decision-making about skin protection.
- * Provide a model for students by wearing sun protection (hats and sunscreen) when involved in outdoor school activities, including yard duty.

Students will:

- * Wear sun hats as part of the College uniform during outdoor lessons, recess breaks, lunch breaks and in sports activities.
- * Remain in the shade or indoors if they do not have adequate sun protection at recess, lunch or during other outdoor activities.
- * Wear suitable hats, clothing and sunscreen for all camps and excursions.
- * Actively participate in learning programs and activities that develop awareness of sun protection and skin cancer prevention, whilst maintaining certain exposure to sun during Winter months for Vitamin D absorption.

Parents/Carers will:

- * Provide their daughters/sons with appropriate sunscreen for outdoor activities, as some students are allergic to certain sunscreens
- * Provide a model for students by wearing sun protection (hats and sunscreen) when participating in, and attending outdoor school activities.

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