



**Mount
Carmel
College**

We nurture.
We challenge.
We care.

Sun Protection Guidelines

POLICY

Please refer to the Mount Carmel College Work Health and Safety Policy.

GENERAL

- In accordance with the recommendation from the Cancer Council of Tasmania, the College will implement sun protection measures, as set out in these Guidelines, 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, when UV Index levels reach 3 and above.
- Staff and students are encouraged to check the daily local sun protection times that will be communicated daily. The sun protection times are a forecast from the Bureau of Meteorology for the time of day that UV levels are forecast to reach three or above. At these levels, sun protection is recommended for all skin types. (www.sunsmart.com.au).
- All students and staff are encouraged to use a combination of sun protection measures throughout the day whenever UV levels are three or above to ensure they are well protected at the appropriate times.
- Active outdoor play is encouraged throughout the year, provided appropriate sun protection measures are used when UV is 3 and above.

CLOTHING

- Sun-safe clothing is part of our College and sports uniform. This includes shirts with collars, sleeves and longer style dresses. Shorts and rash vests or T-shirts are strongly encouraged for outdoor swimming.
- Clothing exposing large amounts of shoulder and upper torso e.g. singlets, tank tops and strappy dresses, is not considered suitable.

HATS

- Students are encouraged to wear the College bucket hat or College boater which protect the face, neck and ears when outside from the beginning of September to the end of April. The College cap does not offer enough protection and is not recommended for general use.
- The College cap will be permitted for use for approved sporting activities where the use of a sun-safe hat is impractical.
- Students without a sun-safe hat or clothing are encouraged to remain in the shade.

SHADE

- The College is committed to providing shade in areas where students gather such as for eating, outdoor teaching and commonly used play areas where practicable.
- Students are actively encouraged to use available areas of shade when outdoors.
- Availability of shade is considered when planning excursions and all outdoor activities, particularly water activities.
- The College will conduct shade audits to determine the availability and quality of shade in the College.
- Availability of shade should be reviewed if there is a significant change to either College buildings or other shade structures at the College, including trees.

SUNSCREEN

- Students are encouraged to bring to school and apply their own sunscreen.
- The use of broad-spectrum, water-resistant SPF 30 or higher sunscreen is encouraged whenever the UV index is predicted to be above 3.
- Sunscreen will be available in designated areas and at all College events including representative sport.
- For outdoor events and excursions at any time of the year, where the UV index is predicted to be above 3, in alpine regions or near highly reflective surfaces such as water and snow, the use of broad-spectrum, water-resistant SPF 30 or higher sunscreen is required.

- Students will be given the opportunity to apply sunscreen before going outdoors and to reapply sunscreen every two hours if outdoors for extended periods.

SUNGLASSES

- Close-fitting wrap-around sunglasses which comply with Australian Standards are optional.

STAFF WHS, ROLE MODELLING AND EDUCATION

- When UV is 3 and above staff shall role model sun protection behaviours when outside by using the combination of sun protection measures outlined above.
- Families and visitors are to be encouraged to use a combination of sun protection measures when participating in and attending outdoor College activities.
- Programs on skin cancer prevention and vitamin D requirements are included in relevant teaching programs.
- Sun safe behaviour is regularly reinforced and promoted to the whole College community through newsletters, meetings, assemblies and upon enrolment.

PLANNING FOR OUTDOOR ACTIVITIES

- These Guidelines need to be considered in the planning of all outdoor events and excursions.
- Where possible, outdoor activities should not be planned for the middle of the day during the period from September to the end of April (when UV levels reach 3 and above).
- Where the forecast UV level is extreme (11 or above) all sporting and outdoor activities will be subject to a risk assessment.

RELATED GUIDELINES AND PROCEDURES

SunSmart [Sun audit tool](#)

SunSmart [Top Tips for Sunscreen at School](#)

Cancer Council Tasmania

ARPANSA: [Radiation Protection Standard for Occupational Exposure to Ultraviolet Radiation](#)

Therapeutic Goods Administration (TGA) [Australian regulatory guidelines for sunscreens](#)

[Generation SunSmart](#) – free online training modules for staff and senior students.

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