

# Sun Protection Policy

## MOUNT BARKER COMMUNITY COLLEGE

### Rationale

---

Australia has the highest rate of skin cancer in the world. Research indicates that childhood and adolescent sun exposure is an important contributing factor to the development of skin cancer. As students are at school during times when UV radiation levels are highest, schools play a major role in minimising student's UV exposure.

Our sun protection policy has been adopted to ensure that all staff and students attending *Mount Barker Community College* are protected from skin damage caused by UV radiation from the sun. This policy is to be implemented throughout the year, but with particular emphasis from the beginning of September through to the end of May. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps. The policy has been developed in consultation with the whole school community.

### Our Commitment

---

*Mount Barker Community College will:*

- Inform parents of this sun protection policy when they enrol their child/children through an Information Booklet.
- Brief all new staff on the sun protection policy through Induction.
- Promote sun protection via newsletters, assemblies, daily messages, whole school activities, parent, and staff meetings and via College Nurse.
- Bucket hats supplied to every Child, Year 1 through to Year 12 including Staff member by P&C.
- Require staff to wear broad-brimmed, legionnaire or bucket hats for all outdoor activities, including yard duty.
- Encourage parents and guests to wear broad-brimmed, legionnaire or bucket style hats when participating in and attending outdoor school activities.
- Require students to wear broad-brimmed, bucket or legionnaire hats when outside.
- Direct students without a broad-brimmed, bucket or legionnaire hat to stay in an area that is protected from the sun.
- Require students to wear broad-brimmed or bucket hats, sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission
- Encourage staff and students to wear a swim top for swimming (this may not be appropriate during competitive swimming). – Mount Barker Community College has a supply for use during swimming, and we encourage parents to send T-shirts with child.
- The school dress code to include sun protective items such as shirts with collars and longer sleeves, and bucket hat, especially on outdoor camps.
- Ensure there is adequate provision of shade within the college grounds for students and staff, by planting trees and building shade structures. Particularly in areas where students congregate e.g. lunch, canteen, outdoor lesson areas.
- Encourage staff and students to use shaded or covered areas when outside.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen by:
  - Providing sunscreen in the classroom, each block / excursions / sport events and camps.
  - Encourage students to apply sunscreen 20 minutes prior to outdoor activities e.g. prior to school, before lunch, PE lessons, sports, excursions etc.
- Incorporate sun protection and skin cancer awareness programs into the appropriate Key Learning Areas of the college curriculum.
- Review the sun protection policy annually.

## Our Expectations

---

### *Parents/carers will:*

- Ensure your child/children has a broad-brimmed, legionnaire or bucket/sufie style hat. The Cancer Council WA recommends the following hats:
  - broad-brimmed (7.5 cm brim)
  - legionnaire-style
  - bucket/surfie-style (6 cm brim)
- Ensure that your child/children's clothing provides adequate protection from UV radiation. The Cancer Council WA recommends the following:
  - collars and sleeves
  - closely woven fabric
  - natural fibre
  - swim tops for swimming.
- Ensure that your child/children has access to SPF 30+ broad-spectrum, water-resistant sunscreen before leaving for school.
- Act as positive role models by practising SunSmart behaviour.
- Support the college's sun protection policy and help design and regularly update the policy.

### *Students will:*

- Be aware of the college's sun protection policy.
- Take responsibility for their health by being SunSmart.
- Comply with SunSmart rules and guidelines by wearing suitable hats and clothing.
- Apply SPF30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors.
- Use shaded or covered areas outdoors.
- Act as positive role models for other students in all aspects of SunSmart behaviour.
- Be actively involved in initiatives to protect the school community from over-exposure to the sun.
- Help design and regularly update the SunSmart policy.
- Participate in SunSmart education programs.

## Evaluation

---

Shelley Masson (Deputy Principal) and Chelsea Clouston (College Nurse) will review the effectiveness of this policy each year.

### They will:

1. Review the SunSmart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases in shade provision.
3. Update and promote curriculum material relevant to SunSmart activities.

Date: \_\_\_\_\_ Signed: \_\_\_\_\_

Position: \_\_\_\_\_

For more information contact: The Cancer Council WA  
Phone 9212 4333 Fax 9212 4399  
Email: [education@cancerwa.asn.au](mailto:education@cancerwa.asn.au)



Visit [www.GenerationSunSmart.org.au](http://www.GenerationSunSmart.org.au) to receive **FREE** resources - Western Australia's Generation SunSmart website provides teachers and school nurses with online workshops offering helpful information, tips and practical ideas about sun protection education, content delivery and sun protection in schools.