



SUN SMART POLICY

Rationale

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80% are skin cancers. 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. As children will spend a portion of their day outdoors, we are concerned to protect them from the harmful effects of the sun.

With this in mind, the Wanpa-rda Matilda Outback Education Centre realises the need to protect children's skin and educate them about Sun Smart behaviour, thus reducing the risk of skin damage from the exposure to the sun.

Aims

This 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 Centre recognises that winter sun also contributes to skin damage. The implementation of this policy will therefore be conducted throughout the year. The purpose of this Sun Smart policy is to ensure that all children attending our establishment are protected from the harmful effects of the sun throughout the year.

Our Commitment

The Wanpa-rda Matilda Outback Education Centre will:

- ❑ Inform schools of our Sun Smart policy when they book into the centre;
- ❑ Include the Sun Smart policy statement in the Centre's prospectus;
- ❑ Increase the amount of shade in the centre's grounds, where possible, by building shelters and planting trees;
- ❑ Incorporate education lessons about sun protection within the Centre's curriculum;
- ❑ Encourage all on-site and visiting teachers, staff and parents to act as positive role models for children in all aspects of Sun Smart behaviour;



- ❑ Seek ongoing support and collaboration with local schools in implementing the Sun Smart policy;
- ❑ Ensure that all students, staff and parents wear hats that protect the face, neck and ears, and SPF 30+ broad spectrum, water-resistant sunscreen, when involved in outdoor activities;
- ❑ Encourage students without adequate sun protection to use shaded or covered areas at recess and lunch times;
- ❑ Advise visiting schools about appropriate clothing for students to wear while at the centre that conform with the Queensland Cancer Fund Sun Smart clothing guidelines;
- ❑ Ensure that, wherever practical, outdoor activities take place before 10am and after 3pm;
- ❑ Ensure that adequate shade is provided during all outdoor activities.
- ❑ Ensure that SPF 30+ broad-spectrum, water-resistant sunscreen is taken along to all outdoor activities;
- ❑ Ensure spare hats are available for students to wear;
- ❑ Ask visiting schools to bring SPF+ sunscreen when they visit the Centre.
- ❑ Ensure that sunscreen is easily accessible for students, staff and parents throughout various points in the centre.

Our Expectations

Visiting Schools will:

- ❑ Ensure all children bring a hat to the centre. The Queensland Cancer Fund recommends the following hats:
 - Broad brimmed – at least 7.5cm wide
 - Bucket hat – at least 6cm wide
 - Legionnaire Hat
- ❑ Visiting teachers, staff and parents ensure that all students apply SPF 30+ sunscreen 20 minutes before outside activities.
- ❑ Ensure all children bring appropriate clothing for sun protection. The Queensland Cancer Fund recommends clothing with following features:
 - Dark-coloured
 - Collars and sleeves
 - Closely woven fabric
 - Natural fibre
- ❑ Act as positive role models by following Sun Smart practices.

Students will:

- ❑ Be aware of the Centre's Sun Smart policy;
- ❑ Take responsibility for their own health and safety by being Sun Smart;
- ❑ 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;
- ❑ Use shaded or covered areas when outdoors;
- ❑ Acts 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.