



Lake Joondalup Baptist College

Sunsafe Policy

Policy #: 018

Policy reviewed date: March 2022

Next review date: March 2024

Sun Safe Policy

Protection from overexposure to the sun

Introduction

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.

“Schools and teachers owe to the students under their control and supervision, a responsibility to take reasonable care for the safety of these students. Reasonable care, or duty of care, means that schools and teachers must respond to all elements of foreseeable risk and take reasonable steps to ensure that a student does not risk injury and that the health of the student is not put at risk”. Sun protection for staff and students Updated 1 October 2019 www.ais.wa.edu.au

Policy

Students and staff who are involved in a range of outdoor activities at Lake Joondalup Baptist College may risk overexposure to the sun. As such, teachers should strive to adhere to the following guidelines in order to protect students and themselves from overexposure to the sun and possible health related issues.

1. Daily temperature and UV rating

The UV rating for each day will be displayed in the Secondary Student Notices. Staff involved in organising and supervising outdoor activities will monitor the daily temperature and UV levels using www.bom.gov.au The UV level is considered to be high when it is 6 or above. As the average monthly UV levels during Term 1 and Term 4 are greater, the use of sun protection measures, including the wearing of brimmed hats, is mandatory for all outdoor activities particularly during those terms, including playing on the oval at break times.

2. The use of hats and sunscreen in the protection from overexposure to the sun

- 2.1. All students and staff must wear a brimmed hat while engaged in outdoor activities when the UV level is high, including but not confined to; camps, excursions, interstate and overseas tours, playing on the ovals at recess and lunch time, outdoor class activities and carnivals.
- 2.2. Students and staff must wear a brimmed hat to and from indoor venues such as the HBF Arena and Indoor Volleyball when the UV levels are high.
- 2.3. Students who do not have a College brimmed hat may not participate in outdoor activities and must remain in a wholly shaded area under the direct supervision of a teacher.
- 2.4. Parents involved in outdoor activities should be asked, by the staff member in charge of the activity, to model sun safe behaviour and to wear a brimmed hat.
- 2.5. Sunscreen must be provided for students and staff who are involved in outdoor activities; however, students and staff are encouraged to bring their own and have it readily at hand.

3. Protection from overexposure to the sun during activities on the College ovals and outdoor courts during recess and lunch times

- 3.1. On occasions when the temperature and UV levels are extreme, the ovals and courts may be closed by the Dean of Administration. In the absence of the Dean of Administration, the Dean of Students may do it.
- 3.2. Students will be given access to allocated areas with supervision at recess and lunchtime. The Dean of Administration will inform the duty teachers.
- 3.3. Yard duty staff will move students who are standing, sitting or playing in unshaded areas to a shaded area.

4. Protection from overexposure to the sun during outdoor class activities

- 4.1. On occasions when the temperature and UV levels are extreme, the ovals and outdoor courts may be closed and all outdoor classes relocated indoors or to an appropriate location that provides adequate shade and cooler conditions. The decision to remove classes from outdoor locations will be made by the Dean of Students/Dean of Administration in consultation with the Head of Health and Physical Education.
- 4.2. Teachers are to inform the Head of Learning Area and the Dean of Administration of the relocation of any class in advance.
- 4.3. When the temperature and UV levels are extreme, the Co-curricular Manager in consultation with the Director of Sport and the Dean of Students may decide to reschedule sporting events for that day.
- 4.4. When the UV and temperature is very high, the teacher will use their discretion to modify the class lesson.

5. Protection from overexposure for outdoor activities where students are not required to wear the College uniform

- 5.1. Clothing must cover the shoulders and midriff. Tops/shirts with collars are required; written documentation to parents/legal guardians should include a statement outlining students are required to wear a top/shirt with a collar and sleeves.
- 5.2. All staff and students are to wear a brimmed hat during outdoor activities.
- 5.3. Sun-baking is not permitted under any circumstances.
- 5.4. Students who do not comply with these sun safe requirements will not be permitted to participate in outdoor activities unless they are in a shaded area.
- 5.5. Students are required to bring sunscreen for outdoor excursions.

6. Protection from over exposure to the sun during water-based activities

In addition to camps, tours and excursions, the following applies to College and Inter School carnivals, CAS sport and other Inter School competitions and off campus activities.

- 6.1. During water activities, a rash vest or wet suit must be worn.
- 6.2. If a rash vest or wet suit is not worn, a tee shirt (not loose fitting) must be worn over bathers.
- 6.3. Out of the water, bathers must be covered at all times by clothing that covers the shoulders and midriff. Tops/shirts with collars are preferable.
- 6.4. When the specific rules of a competition prevent a student from wearing a rash vest, wet suit or tee shirt, the student must cover their bathers as soon as possible after leaving the water.
- 6.5. All students must wear a brimmed hat if the activity allows it.
- 6.6. Sunscreen will be provided; however, students are encouraged to bring their own and have it with them. Sunscreen must be between SPF30 and 50+ broad spectrum water-resistant sunscreen and students will be encouraged to apply it regularly.
- 6.7. Sun-baking is not allowed under any circumstances.
- 6.8. Students who do not comply with these sun safe requirements will not be permitted to participate in water based activities.

7. Responsibilities of College staff with the promotion of sun safe behaviours

- 7.1. The Dean of Students will be responsible for the promotion of sun safe behaviours throughout the year via Student Notices and in camp documentation.
- 7.2. The Head of Health and Physical Education (HPE) will take responsibility for ensuring that HPE staff take the necessary sun safe precautions and that students engaged in HPE outdoor activities comply with the requirements listed in this document and all other related communications from the College Management Team.

- 7.3. The Director of Sport will ensure that students engaged in College sporting outdoor activities comply with the requirements listed in this document and all other related communications from the College Management Team.
- 7.4. Heads of Learning Areas are responsible for ensuring that the staff in their Department comply with the requirements listed in this document and all other related communications from the College Management Team.
- 7.5. All staff are required to be conversant with the contents of the policy. The Sun Safe Policy will be made available to staff via the College Portal.
- 7.6. Students will receive instruction on sun safe practices through the Health Education Program. Students will become aware of the effects of skin cancer within the context of lifestyle diseases.

8. Drinking water

Students are permitted to carry water bottles into all classes. Teachers are to encourage students to drink water regularly through the day, in particular, before, during and after physical activity.

9. Shade

The Executive Manager Infrastructure & Operations and the Dean of Students will regularly assess the College grounds in relation to the availability and use of shade.

10. Medications

- Some medications render students sun sensitive (e.g. Roaccutane, Doxycycline, Metronidazole). Parents are asked to inform the appropriate Head of House and update Consent2Go if a student is on sun sensitive medication so it can be included on excursion medical records.
- A student's Physical Education teacher should be informed if a student is taking a sun sensitive medication.
- Where appropriate, sunscreen and long – length clothing is recommended when sun exposure cannot be avoided.

11. Scheduling of outdoor activities

Where possible, outdoor lessons and sports carnivals should be scheduled outside the peak UV times of 10am to 3pm (or as far from solar noon as possible).