



Rockhampton Special School

Sun Safety Policy



Rationale:

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 (blemishers) and premature ageing.

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 indicates that childhood sun exposure is a significant contributing factor to the development of skin cancer later in life.

Ultraviolet Radiation (UVR) levels are highest during the hours that children are at school. With this in mind, Rockhampton Special School realises the need to protect children's skin and educate them about Sun Smart behaviour, thus reducing the risk of skin damage from exposure to the sun.

Aims and Procedures:

- Provide on-going education that promotes personal responsibility for skin cancer prevention and early detection (wear hat, sunscreen, swim shirts and clothing that provides adequate protection from UVR).
- Provide environments that support Sun Smart practices (shaded areas to play between 10am-2pm, re-scheduling of activities usually performed outdoors in the event of extreme heat – greater than 36°C).

Expectations:

Staff:

- Act as positive role models to students by practising Sun Smart behaviour (i.e. wear hats outdoors, broad brimmed hats, apply sunscreen, and wear clothing that provides adequate protection).
- Remind and assist students to apply sunscreen and wear hats.
- Use shaded areas for outdoor activities where possible.
- Ensure students wear appropriate "swim shirts" for swimming.
- Teach students directly about how to be Sun Smart.

Parents:

- Provide a broad brimmed or bucket hat for their child.
- Assist their child to apply sunscreen before leaving for school (and supply appropriate sunscreen for re-application if sensitive to sunscreen supplied by school).

- Ensure their child's clothing provides adequate protection from UVR.
- Support the school's Sun Safety Strategy in principle and practice.
- Provide a protective swim shirt to wear during all school water-based activities.
- Act as a positive role model by practicing Sun Smart behaviour.

Students:

- Comply with Sun Smart rules and guidelines by wearing suitable hats (broad brimmed or bucket hat), clothing (uniform shirt and swim shirt for water activities) and sunscreen.
- Use shaded or covered areas when outdoors as much as possible.
- Act as positive role model for other students in all aspects of Sun Smart behaviour.
- Participate in Sun Smart education programs as provided.