



Sun Safety Policy

Status:	Current	Supersedes: All previous Rockhampton Girls Grammar School Sun Safety Policy
Authorised by:	Girls Grammar Executive	Date of Authorisation: July 2022
References:	<ul style="list-style-type: none">• Work Health and Safety Act 2011 (Qld)• Work Health and Safety Regulation 2011 (Qld)• Education (Accreditation of Non-State Schools) Act 2017 (Qld)• Education (Accreditation of Non-State Schools) Regulation 2017 (Qld)• Cancer Council Queensland	
Review Date:	This policy will be reviewed every (2) two years, or as appropriate, to take account of new legislation or changes to school's operations and practices and to make sure it remains appropriate to the changing environment.	Next Review Date: July 2024
Policy Owner:	Board of Trustees of Rockhampton Girls Grammar School <i>trading as</i> Rockhampton Girls Grammar School	Access: Public - via the Rockhampton Girls Grammar School's web page at: www.rggs.qld.edu.au



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PURPOSE OF THE POLICY

The purpose of this policy is to ensure that students and staff attending Rockhampton Girls Grammar School are appropriately protected from the harmful effects of the sun and that sun protection behaviours are integrated into daily practice.

This Sun Safe Policy provides guidelines to:

- ensure all students and staff are protected from too much UV exposure by using a combination of sun protection measures whenever UV levels reach three (3) and above;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills;
- support duty of care requirements;
- support appropriate WHS strategies to minimise UV risk and associated harms for student, staff and visitors

SCOPE

The Sun Safe Policy applies to all Rockhampton Girls Grammar School students, their parents/guardians and staff, and volunteers and to Rockhampton Girls Grammar School activities conducted both on and off the school site.

POLICY STATEMENT

Queensland has the highest rate of skin cancer in the world. The Cancer Council advises that it is the most common form of cancer in Australia, affecting all age groups. Cumulative exposure to the sun results in skin damage such as sunspots, moles, freckles, blemishes, premature aging and skin cancer so most skin damage and skin cancer is preventable. Protection from too much UV exposure can be achieved by practising Sun Safe behaviours during outdoor activities.

Research indicates sun exposure is an important contributing factor to the development of skin cancer later in life. Given students are at school during peak Ultra-Violet Radiation (UVR) times throughout the day, Schools play a major role in both minimising a student's UVR exposure and providing an environment where policies and procedures can positively influence long-term behaviour. (Cancer Council Queensland)

Rockhampton Girls Grammar School Sun Safety Policy aims to:

- provide environments that support sun safety practices
- ensure all students practice sun safety behaviours through the wearing of appropriate clothing and sunscreen
- create an awareness of the need to reschedule work commitments and outdoor activities to support Sun Safety practices where possible

RESPONSIBILITIES

Rockhampton Girls Grammar School will:

- include the Sun Safety Policy statement on the school website.
- minimise outdoor activities between 10am-3pm where possible.
- increase the amount of shade in the school grounds, where possible, by increasing shelters and planting trees.
- promote the importance of sun safety to parents, teachers, support staff and volunteers as role models for students in relation to Sun Safety strategies.
- encourage all students and staff to apply SPF 30+ broad-spectrum, water-resistant sunscreen
- consider sun protection when determining or reviewing school uniform designs.



- provide flexible planning of activities to reduce, as far as practicable, time spent by students in the sun.
- consider shade availability and sun safe practice when planning outdoor events and excursions.
- ensure SPF 30+ broad spectrum, water resistant sunscreen is included in the school sports activities.

Students will:

- use shaded or covered areas when outdoors.
- take responsibility for their own health and safety by being sun safe.
- wear school hat and clothing in accordance with uniform guidelines.
- apply SPF 30+ broad spectrum water-based sunscreen for all outdoor activities.
- act as positive role models for other students in all aspects of sun safe behaviour.

Staff will:

- be aware of and act in accordance with Rockhampton Girls Grammar School Sun Safety policy, procedures and practices.
- ensure students wear suitable hats, clothing and sunscreen in accordance with the Rockhampton Girls Grammar School guidelines.
- act as positive role models for students in all aspects of sun safety behaviour.
- participate in initiatives to protect the school population from excessive exposure to the sun.

IMPLEMENTATION

Rockhampton Girls Grammar School will implement the following measures to ensure students and staff are protected adequately from the sun, and that sun safe behaviours are embedded into everyday practice by:

- regularly raising awareness of all aspects of sun protection, including the development and implementation of this policy.
- providing access to appropriate training and up to date information on sun protection and sun safe practices.
- consider sun exposure risks when conducting all risk assessments for events and excursions.

To assist with the implementation of this policy, students and staff of the Rockhampton Girls Grammar School will access the free SunSmart app via the school portal home page. This page can be accessed anytime the web browser is opened.

The sun protection measures listed below are used for all outdoor activities during the **daily local sun protection times when the UV index is (3) three or above**. The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach (3) or higher. All these levels, sun protection is recommended for all skin types.

Additional sun protection measures must be adhered to in accordance with the following:

1. SHADE

- The school makes sure there are a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where students congregate e.g. lunch, outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the Board of Trustees, shade provision is considered in plans for future buildings and grounds
- A shade assessment is conducted regularly to determine the current availability and quality of shade.



2. CLOTHING

- Sun protective clothing is included in the school uniform and sports uniform. School clothing is cool, loose fitting and made of densely woven fabric. It includes shirts with collars, longer style dresses and shorts, and rash vests for outdoor swimming.

3. HATS

- All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are **not** considered a suitable alternative.
- The Rockhampton Girls Grammar School sports cap is permitted to be worn by senior secondary students during PE lessons.

4. SUNSCREEN

- The school supplies SPF30+ broad spectrum, water resistant sunscreen for staff and student use.
- Sunscreen is applied in accordance with manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapplied every two hours or more frequently if sweating or swimming).
- Sunscreen is stored in a cool place, out of the sun and expiry date is monitored.

COMPLIANCE AND MONITORING

Rockhampton Girls Grammar School will review the effectiveness of the Sun Safety Policy and revise the policy every (2) two years, or as appropriate, to take account of new laws, changes to the school's operations and practices and to make sure it remains appropriate to the changing environment.