



## Saint Ignatius' College Senior School

### UV Protection Policy

#### Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. However, too much of the sun's UV radiation can cause sunburn, skin and eye damage, and skin cancer. Sun exposure in childhood and adolescence is a major factor in determining future skin cancer risk.

#### Objectives

This UV protection policy has been developed to:

- encourage the entire College community to use a combination of sun-protection measures to avoid unsafe overexposure to UV radiation
- work towards a safer College environment that provides adequate shade for students, staff, and the College community at appropriate times
- ensure all students and staff have some UV radiation exposure for vitamin D
- support students and staff in taking responsibility for their own protection from harmful UV
- ensure that families and new staff are informed of the College's UV protection policy.

The UV Protection Policy requires students and staff to use a combination of sun-protection measures for all outdoor activities in **Term 1, Term 3 from 1 September, and Term 4**. Sun-protection measures are strongly encouraged at other times when the UV reading is 3 or above.

The College promotes a combination of sun-protection measures to minimise harmful exposure to UV radiation including:

#### 1. Education

Information on skin cancer prevention, UV protection, and vitamin D is included in the curriculum and pastoral care lessons at various year levels.

#### 2. Clothing

Sun-protective clothing is included in the College uniform/dress code and sports uniform.

#### 3. Sunscreen

Sunscreen is available in all home rooms, in Student Services, in strategic locations around the College, on outdoor excursions, and at special events. Students are also encouraged to provide their own SPF 30 or higher broad-spectrum, water-resistant sunscreen. Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors for an extended period. Strategies are in place to remind students and staff to apply sunscreen.

#### 4. Hats

All students and staff are required to wear hats whenever outside on the ovals, in the quadrangle, on the outdoor basketball or tennis courts, or in any other unshaded areas.

Students are required to wear one of three College-approved hats – the blue College cap, the Junior School broad-brimmed hat (with cord and toggle removed) or the new bucket hat. The broad-brimmed hat and bucket hat will provide good protection to the face, ears, nose, and neck. As harm can occur from reflected UV radiation, students sitting in shaded areas on the ovals or in other shaded areas less than two metres away from direct sunlight, must wear approved hats. Students who are moving from place to place through unshaded areas at recess and lunchtime will need to wear their hat. Students participating

in after-school and Saturday-morning co-curricular activities in Term 1, Term 3 from 1 September, and Term 4, are also required to wear College-approved hats when in unshaded areas.

#### 5. Shade

- Shade audits are conducted periodically to monitor the current availability and quality of shade in various areas around the senior campus.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Where possible, outdoor activities are scheduled outside the peak UV radiation times or in the shade. The implementation of all other sun-protection measures will occur during such activities.
- Shade provision is considered in plans for future buildings and grounds.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats are required to remain in the Bellarmine Undercroft, the library, or other well-shaded areas as directed by staff during recess and lunchtime.

#### 6. Sunglasses

Students and staff may choose to wear plain-styled sunglasses for added protection. Close-fitting wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2003 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible are recommended.

### Co-curricular Activities

The UV Protection Policy applies for all after-school and Saturday-morning outdoor co-curricular activities in Term 1, Term 3 from 1 September, and Term 4.

### Staff WHS and Role-modelling

As part of the WHS UV risk controls and role-modelling, staff will:

- wear sun protection hats when outside
- apply SPF 30 or higher broad-spectrum, water-resistant sunscreen
- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun-protection measures; eg, sun-protective clothing and hats, sunglasses, sunscreen, and shade, when participating in and attending outdoor College activities.

### Policy Review

The College will regularly monitor and review the effectiveness of the UV Protection Policy (at least every two years) and revise the policy as required.

Date of next policy review .....