

Sun Safe Policy and Practice

In an attempt to reduce the likelihood of over exposure to the sun, Border Christian College understands the need to take protective measures when participating in outdoor activities. To this end, Border Christian College aims to:

- increase awareness for being protected from the sun when involved in outdoor activities
- encourage positive attitudes towards skin protection
- take positive action in protecting exposed skin from the sun
- teach lifestyle practices which can help reduce the incident of skin cancer and related diseases
- outline the responsibility of the individual to take preventative measures when exposed to the sun
- make organisational changes to reduce the amount of time pupils are exposed to the sun.

Strategies employed to implement this policy:

- teaching strategies within the classroom re the danger of exposure to the sun.
- gaining support from the parent body.
- strict “NO HAT, NO PLAY” Policy during school breaks (students who do not have a hat at any time while outside will need to sit under the verandahs)
- a school hat which protects the face, ears and neck.
- students to be encouraged to wear their school hat on any outdoor excursion.
- children and staff will be encouraged to wear a **broad spectrum water resistant SPF 30+ blockout sunscreen** on all exposed parts during any school outdoor activity. Sunscreen should be **re-applied at least every two hours if outside for an extended period of time.**
- shade areas need to be considered when organising all sporting carnivals both at school and out of school areas.
- most school sports activities will be encouraged before 11.00am and after 2.00pm.
- Sun Smart activities and sun protection will form part of the Health and Physical Education Curriculum for all year levels.

In addition, the sun safe practices when attending swimming carnivals and any other outdoor swimming excursion are as follows:

Out of the pool	In the pool	Swimming Competitively
Students MUST wear sunscreen*, sun safe rashie or shirt and a broad brimmed hat.	Students MUST wear sunscreen* and a sun safe rashie or shirt. Students MAY choose to also wear a hat.	Students MUST wear sunscreen* and swimwear suitable for competitive swimming (eg. no string bikinis). Students MAY choose to also wear a sun safe rashie or shirt and/or a hat.

* **Broad spectrum water resistant with at least SPF 30+ blockout sunscreen** on all exposed parts. Sunscreen should be **re-applied at least every two hours**.

A generic sunscreen will be available for students to access if required, however we recommend parents provide their child with their own sunscreen.

Considerations

WHS Act and Regulations 2012

Cancer Council NSW www.cancercouncil.com.au/reduce-risks/sun-protection