



# RIVERMOUNT COLLEGE

*Realising the Potential Within*

## 7.07.01 SUN SAFETY POLICY

### PURPOSE OF THIS POLICY

The purpose of this Policy is to ensure that staff, students and their families in our College are protected from the harmful effects of the sun throughout the year.

The Policy, therefore, outlines the College's commitment to reducing the risk of skin damage from exposure to the sun and provides procedures for educating the College and the College community regarding SunSmart behaviour.

### SCOPE

This Policy applies to students, employees and the College community.

### RESPONSIBILITY

Principal reporting to the Board of Directors

### LEGISLATION AND REFERENCES

[Work Health and Safety Act 2011](#)  
[Workplace Health and Safety Regulation 2011](#)

National SunSmart Program – Cancer Council QLD

### POLICY STATEMENT

The health of staff and students is of primary concern to Rivermount College.

Rivermount College fully recognises the statistics in Australia related to sun exposure and that Queensland has the highest rate of skin cancer in the world.

Skin damage including skin cancer, is the result of cumulative exposure to the sun. Research suggests that at least two thirds of all melanomas occurring in Australia could be prevented if children were protected from the sun during their first 15 years. Severe sunburn contributes to

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skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

Through this Policy Rivermount College aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection.
- Provide working and learning environments that support SunSmart practices.
- Create an awareness of the need to schedule College commitments and various outdoor activities, where possible, to support SunSmart practices.

## IMPLEMENTATION

Rivermount College recognises a combination of sun safe strategies is more effective than a single approach.

The College also recognises that winter sun also contributes to skin damage. The implementation of this Policy will, therefore, be conducted throughout the year.

### Rivermount College will:

- inform staff, students and their families, about the College's *Sun Safety Policy* when they start employment or are enrolled.
- require all staff to act as positive role models in all aspects of SunSmart behaviour by:
  - Wearing appropriate hats and clothing for all outdoor activities
  - Using SPF 30 or higher, broad-spectrum, water-resistant sunscreen
  - Seeking shade wherever possible
  - Wearing sunglasses that meet the Australian standards.
- consider the possibility of permanent or temporary shelters being used when it is not possible to alter specific work sites or times.
- increase the amount of shade in the College grounds, where possible, by building shelters and planting trees.
- increase College community awareness of the risk of skin cancer and the need for SunSmart behaviour through specific education programs and making information available.
- make broad-spectrum water-resistant sunscreen that is SPF 30 or higher, available to all staff and students with instructions about its correct use – i.e. that ideally it is to be applied 20 minutes before going outdoors.
- review the College Uniform Code to conform to the Queensland Cancer Fund SunSmart Clothing Guidelines.
- ensure that assistance is provided through the College's Workplace Rehabilitation Program to workers diagnosed as having melanoma.

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- include SunSmart issues in Workplace Health and Safety training sessions and in College newsletters.

### **Student Responsibilities**

Students should comply with the College Uniform Code and in particular wear the designated College hat to reduce sun exposure:

#### **Hats**

- Students are required to wear appropriate hats when outdoors during the school day and during school-related activities (for example, excursions/camps). The only exceptions when playing sport are when a hat reduces visibility or interferes with activity skills and therefore poses a risk to students' safety. Under these circumstances, students may remove their hats for the duration of the activity, ensuring they have applied sunscreen to uncovered skin (ideally 20 minutes) prior to participating.
- Students who do not have hats should play in the shade or an area protected from the sun.

#### **Swim shirts**

- Primary School Students are required to wear swim shirts/rash vests during all water-based activities occurring at outdoor venues, except during their race/s at competitions and carnivals.
- Secondary School students should wear swim shirts during all water-based activities with the exception of competitions and carnivals.

### **The College Community should:**

- make use of any SunSmart equipment provided by the College for their protection.
- help to design and regularly update the Sun Safety policy.
- take responsibility for their own health and safety by being SunSmart.
- use shaded or covered areas whenever possible, during work or meal breaks.
- act as positive role models for others in all aspects of SunSmart behaviour.

## **COMPLIANCE AND MONITORING**

The College will review adherence with this policy as part of regular workplace health and safety monitoring activities. This policy will be reviewed every 2 years or earlier if required.

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