



# Sacred Heart College

## Sun Smart Protection Guidelines

The Melanoma Institute and Cancer Council's Sun Smart guidelines for Tasmania recommend using sunscreen when UV levels reach 3 and above and wearing sun-protective clothing and a hat whenever outside. Informed by these guidelines, Sacred Heart College (SHC) has a range of sun protection measures in place.

Sun safety is a shared responsibility. Students, staff and parents are encouraged to implement a combination of sun protection measures to help students and staff protect themselves from the damaging effects of ultraviolet (UV) radiation.

As a school we:

- Provide students and staff with education about sun safe practices, adopting the message provided by the Cancer Council – *Slip, Slop, Slap, Seek, Slide*.
- Inform students of the daily UV rating
- Provide access to shaded areas
- Provide access to sunscreen
- Encourage students to take responsibility for their own sun safe behaviour and seek support from parents to ensure students have a named school hat and personal sunscreen at school each day especially during Term 1 and Term 4.

### Hats

- SHC hats are part of the College Uniform and are available from the Uniform Shop.
- Students in Kindergarten to Year 6 must wear their SHC bucket hat for all outdoor activities throughout Term 1 and Term 4 to provide some protection from the sun.
- Primary students without a hat at recess or lunch time are required to play in undercover/shaded areas.
- Secondary students are encouraged to wear an SHC hat for all outdoor activities during Term 1 and Term 4.
- College staff aim to model sun safe behaviour, in wearing a hat during outdoor activities in Term 1 and Term 4.

### Sunscreen

- We recommend students apply sunscreen at home and have their preferred brand in their school bag for re-application during the day. This is particularly important for students requiring hypoallergenic products.
- Sunscreen is available for use by students and staff whilst at school and during outdoor excursions and events.
- Please note, staff are unable to apply sunscreen to students. For younger students staff will provide instruction and reminders to empower children to apply sunscreen independently. We recommend roll-on types for ease of re-application.

### **Cancer Council recommendations:**

When the UV is 3 or above we need to:

- *Slip on clothing that offers maximum coverage.*
- *Slop on a SPF50 or higher broad spectrum protection sunscreen.*
- *Slap on a broad brimmed hat that covers neck, ears and face.*
- *Seek shade where possible.*
- *Slide on a pair of sunglasses that meet Australian standards AS1067.*