



St Patrick's College  
LAUNCESTON

# SUNSMART PROTOCOL

MAY 2025 | V2.4



## SUNSMART PROTOCOL

<b>VERSION NUMBER:</b>	<b>2.4</b>	<b>APPROVED BY:</b>	<b>Leadership Team</b>
<b>DRAFTED BY:</b>	<b>Leadership Team</b>	<b>DATE APPROVED:</b>	<b>May 2025</b>
<b>RESPONSIBLE/ BREACHES REPORTABLE TO:</b>	<b>Deputy Principal – Wellbeing and Leadership</b>	<b>SCHEDULED REVIEW DATE:</b>	<b>May 2028</b>

### PURPOSE

The purpose of this protocol is to establish guidelines for the College, employees, students, parents and volunteers to comply with the St Patrick's College SunSmart Protocol based on recommendations made by Cancer Council Tasmania.

Over-exposure to UV rays can cause sunburn, skin damage, eye damage and increased risk of skin cancer. Inappropriate sun exposure in the first 18 years of life contributes significantly to the lifetime risk of developing skin cancer.

This protocol aims to ensure, as is reasonably practicable, students and staff are protected from skin damage caused by harmful UV radiation from the sun. Given students and staff attend school at times when UV levels can be damaging, schools can play a major role in providing an environment where policies and procedures can positively influence long-term SunSmart behaviour.

### PROTOCOL FRAMEWORK

St Patrick's College acknowledges that health, safety and wellbeing of people are central to the values of the College.

The College also recognises that it is responsible and accountable for ensuring, so far as reasonably practicable, the health and safety of students, staff and other persons who either enjoy or use the services and facilities of the College.

To meet these social, moral and legal obligations the College is committed to:

- The provision and maintenance of an environment which minimises risks to health, safety and wellbeing.
- The provision of guidelines for a year-round approach to sun safety and safe sun exposure.

### PROCEDURE

- To support this protocol, the College shall implement and monitor SunSmart recommendations made by Cancer Council Tasmania, as follows:



- From September to April (when UV levels in Tasmania are usually 3 and above), sun protection (including hats, sunscreen, clothing, shade and sunglasses) should be used when UV levels are 3 or above prior to being outdoors for more than a few minutes.
- Most Australians have adequate vitamin D levels just from doing typical day-to-day activities. A few minutes of mid-morning or mid-afternoon sun exposure to arms and hands on most days of the week should be sufficient to maintain adequate Vitamin D.
- Staff and students should take care in the middle of the day when UV levels are highest.
- From May to August (when UV levels in Tasmania are usually below 3) sun protection is not necessary unless near snow or other reflective surfaces.

While at school, students and staff shall be encouraged to:

- Take reasonable care for their individual health and wellbeing.
- Co-operate with any reasonable protocol or procedure of the College in relation to health and wellbeing.
- Participate in education sessions to support the objectives of this protocol.

### Clothing

- Sun-safe clothing is part of the College uniform and sports uniform. This includes shirts with collars, sleeves, longer style dresses and shorts. Students are encouraged to wear rash vests or T-shirts for outdoor swimming.
- Clothing exposing large amounts of shoulder and upper torso (e.g. singlets, tank tops and strappy dresses), are not considered suitable.
- Students who do not have appropriate outdoor clothing are asked to remain in the shade or a suitable area protected from the sun.

### Hats

- Students and staff are strongly encouraged to wear sun-safe hats that protect the face, neck and ears when outside. The College Uniform Store sells sun-safe broad brimmed hats. Alternate College issued hats are an acceptable alternative when undertaking activities where a recommended sun-safe hat is not considered appropriate, such as rowing.
- Students who do not have appropriate outdoor clothing are asked to remain in the shade or a suitable area protected from the sun.

### Shade

- The College is committed to providing shade in areas where students congregate such as lunch areas, canteen and outdoor lesson areas.
- Students are encouraged to use shade when outside, particularly if they are not wearing appropriate hats or clothing.
- Availability of shade is considered when planning excursions and all outdoor activities.

### Sunglasses

- Students and staff are authorised and encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067:2003 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

### Sunscreen

- SPF50 or SPF50+ broad spectrum, water resistant sunscreen is available for staff and student use and students are encouraged to bring their own sunscreen to school.
- The College provides a supply of sunscreen for various outdoor events including sports carnivals, health and physical education and wellbeing activities.
- Staff encourage students to use sunscreen and provide time for students to apply sunscreen before going outside.

- The College community is educated about the correct use of sunscreen and the level of protection it provides.
- Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours, or more frequently if sweating or swimming. Sunscreen is stored in a cool place, out of the sun and the expiry date is monitored.

### Scheduling

- This protocol is considered in the planning of all outdoor events such as assemblies, camps, excursions and sporting events.
- Where possible, outdoor activities/events will be scheduled to minimise time in direct sun e.g. earlier in the morning or later in the afternoon.
- UV radiation exposure is considered as part of a school's risk management and assessment for all outdoor events and activities on and off-site e.g. UV radiation protection strategies (hats, clothing, shade, sunscreen, and sunglasses) are included in College camp activities, excursions, sports days and interschool sports events.

### Staff OHS, Role Modelling and Education

- As part of OHS UV risk controls and role-modelling, staff are required to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when UV is 3 and above.
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.
- Educational programmes on skin cancer prevention are incorporated into appropriate areas of the school curriculum. Staff are supported to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun protection education across the curriculum.
- Students are encouraged to be involved in initiatives to promote and model appropriate UV exposure measures to the whole College community.
- Appropriate UV exposure measures are regularly reinforced and promoted to the whole school community through a variety of channels such as newsletters, staff meetings, bulletins and school assemblies.
- For employees who spend considerable periods of their work days outside, specifically Grounds and Maintenance employees, St Patrick's College provides:
  - Sun protective work clothing
  - Sun protective hats
  - Sun protective sunglasses
  - Sunscreen

### MONITORING AND REVIEW

The College monitors and reviews the effectiveness of our SunSmart policy (at least every three years) and will revise the policy when required.

SunSmart policy updates and requirements will be made available to staff, families, students and visitors.

### Support Resources

<https://www.cancer.org.au/cancer-information/causes-and-prevention>

For information on:

- Sunscreen
- UV Index
- Vitamin D
- 10 Myths About Sun Protection
- Be SunSmart