

## ***The Beach School's Sun Smart Policy***

### ***Rationale***

Queensland has the highest rate of skin cancer in the world. Of all new cancers diagnosed in Australia each year, 80 percent are skin cancers. Research indicates childhood sun exposure is an important contributing factor to the development of skin cancer later in life. Queensland has also Australia's highest rate of beach use. Each year over 15,000 school students and staff from all regions of the state attend Tallebudgera Beach School (TBS) programs. The majority of these programs are based on aquatic adventure and almost all utilise the outdoor natural environment.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows severe sunburn contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable. TBS is therefore well placed to provide a positive influence on a considerable percentage of young Queenslanders and through them their families and the wider community. The aquatic themes of our programs also provide opportunity to influence positive aquatic and recreational behaviours which generally occur at times of the day when the sun is at its strongest.

Ultraviolet radiation (UVR) levels are the highest during the hours of 10am to 3pm, the hours children attend school and during weekends and vacation periods visit our beaches and aquatic playgrounds.

With this in mind Tallebudgera Beach School is committed to protecting Queensland's youth from the harmful effects of the sun through Sun Smart behaviour.

### ***Aims***

This policy aims to:

- Provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection;
- Provide environments and model practices that support SunSmart practices; and
- Create an awareness of the critical hours of daytime sun exposure and the importance of rescheduling outdoor activities where possible and / or additional precautions necessary to support SunSmart practices.

### ***Procedures***

Our school recognises that the risk of damage by the sun is a hazard even in winter and so our policies apply and are implemented throughout the year. The purpose of this SunSmart policy is to ensure all children attending our programs are protected from the harmful effects of the sun throughout the year.

## ***Our Expectations***

Parent / Carers will (before camp / activities):

- Provide a SunSmart hat for their child and ensure they bring it to camp and day activities. The Cancer Council Queensland recommends hats with an 8cm to 10cm brim, legionnaire-style or bucket (minimum of 6cm brim) hats;
- Ensure their child brings SPF 30+ broad-spectrum, water resistant sunscreen to camp or day program and encourages their children to apply the sunscreen 20 minutes prior to sun exposure;
- Ensure their child's clothing provides adequate protection from UVR. The Cancer Council Queensland recommends clothing with the following features:
  - Dark coloured;
  - Collars and sleeves; and
  - Closely woven fabric – natural fibre.
- Act as role models by practising SunSmart behaviour; and
- Support the school's SunSmart policy.

Students will (during camp):

- Be aware of the school's SunSmart policy;
- Take responsibility for their own health and safety by being SunSmart;
- Comply with SunSmart rules and guidelines by wearing suitable hats, clothing, sunscreen and sunglasses;
- Apply SPF 30+ broad-spectrum, water-resistant sunscreen 20 minutes before going outdoors;
- Use shaded or covered areas when outdoors;
- Act as positive role models for other students in all aspects of SunSmart behaviour; and
- Participate in SunSmart education programs.

## ***Our Commitment***

Tallebudgera Beach School will:

- Inform visiting students, parents and teachers of the SunSmart policy prior to their attendance at our programs through our website;
- Encourage the wearing of swim shirts during all water based activities;
- Provide and access shade areas and structures for activities on site and at nearby venues;
- Incorporate education programs that focus on skin cancer prevention within our programs and activities;
- Encourage all teachers and staff to act as positive role models for children in all aspects of SunSmart behaviour;
- Ensure all students and staff wear hats that protect the face, neck and ears and SPF 30+ broad-spectrum, water resistant sunscreen when involved in outdoor activities;
- Ensure our dress code expectations comply with the Cancer Council Queensland SunSmart clothing guidelines;
- Ensure adequate shade is provided at outdoor events;
- Ensure SPF 30+ broad-spectrum sunscreen is available for students at the school site and activity venues as well as being on the students equipment list for programs; and
- Review the SunSmart policy annually;