



## Sun Safety Guideline

Purpose:	The purpose of this Guideline is to outline strategies which aim to minimise the risks associated with Ultraviolet (UV) Radiation exposure by creating a positive and proactive whole-school approach to sun safety which encourages and supports the BBC community to practice positive Sun Safe Behaviours.	
Scope:	This Guideline applies to all BBC students and their parents/guardian, and employees, and to BBC-related events conducted both on and off the College campus.	
References:	<ul style="list-style-type: none"> <li>• Education (Accreditation of Non-State Schools) Act 2017</li> <li>• Education (Accreditation of Non-State Schools) Regulation 2017</li> <li>• Work Health and Safety Act 2011 (Qld)</li> <li>• Work Health and Safety Regulation 2011 (Qld)</li> <li>• BBC Work Health and Safety Policy</li> </ul>	
Authorised by:	Headmaster	Date of Authorisation: 15 <sup>th</sup> September 2016
Review Date:	Every two years, or as appropriate, to take account of new laws, changes to school's operations and practices and to make sure it remains appropriate to the changing environment.	Next Review Date: 1 <sup>st</sup> July 2018
Policy Owner:	Headmaster	

### Amendment Register

Date of Issue	Page Number	Detail of and reason for amendment
15 <sup>th</sup> September 2016	All	Replaces BBC SunSmart Policy (Oct 2014) Endorsed by BBC Executive
1 <sup>st</sup> January 2018	Pg 1	Reference to Education (Accreditation of Non-StateSchools) Act 2001 and Education (Accreditation of Non-State Schools) Regulation 2001 amended to Education (Accreditation of Non-StateSchools) Act 2017 and Education (Accreditation of Non-State Schools) Regulation 2017

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## 1.0 Intent

Queensland has the highest rates of skin cancer in Australia and exposure to Ultraviolet (UV) Radiation from the sun has been identified as the most important risk factor for skin cancer, the epidemiological evidence indicating that exposure to the sun's UV during childhood and adolescence is associated with an increased risk of sun cancer in later life. Protection from too much UV exposure can be achieved by practicing Sun Safe Behaviours during outdoor activities.

Brisbane Boy's College has drafted this Guideline on the basis that parents take primary responsibility for their son's sun safety including ensuring their son complies with the Sun Safe Behaviours outlined in this Guideline, supporting the College in the implementation of the strategies outlined in this Guideline and by acting as role models in relation to Sun Safe Behaviours.

## 2.0 Strategies

Brisbane Boys' College supports a whole-school approach to sun safety which acts to minimise the risks associated with UV exposure for students and employees, as far as is reasonably practicable.

The College understands that the strategies utilised to minimise the risks associated with UV exposure may differ across individual Outdoor Activities, e.g. individual sports, as in some instances wearing of protective clothing may pose a risk to students' safety including reduced visibility or interfering with activity skills. BBC requires Teachers, Directors of Sports, coaches and any other employee or volunteer responsible for supervising students in Outdoors Activities to consider appropriate sun safe strategies when developing the Risk Assessment relevant to the specific activity. These strategies should include, so far as is reasonably practicable:

- a dress code that aligns to the Cancer Council of Queensland's protective clothing guidelines
- prevention of over exposure to the sun
- access to adequate shaded areas
- access to drinking water
- access to sunscreen
- reference to sunscreen application and use

In addition, Brisbane Boys' College has the expectation that:

- Students take responsibility for their own health and safety by complying with BBC's Sun Safety Guideline and practicing Sun Safe Behaviours.
- All employees of Brisbane Boys' College take reasonable care for their own health and safety at work, including practicing Sun Safe Behaviours.
- Sun protection be considered in managing the working conditions of outdoor workers and grounds staff.
- Employees' support the College in the implementation of its sun safety strategies, including instructing students who are not wearing a broad-brimmed, or bucket hat of school design during break times to move into the shade.
- Employees list sunscreen (SPF 30+) and sun protective clothing as necessary items for students to bring to outdoor sport competitions, excursions and camps.
- The BBC Community is informed and educated about the College's Sun Safety Guideline, for example through College newsletters and by publishing the Guideline on the BBC website.
- Effective educational programs on Sun Safety Behaviours and preventive measures are incorporated into the curriculum.



## 3.0 Monitoring

This Sun Safety Guideline will be reviewed every two years, or as appropriate, to take account of new laws, changes to school's operations and practices and to make sure it remains appropriate to the changing environment.

## 4.0 Definitions

**'Outdoor Activities'** includes, but is not limited to, activities such as outdoor physical education lessons, sports including training and fixtures, swimming and athletic competition and carnivals, excursions and camps and other activities during recess or lunch time.

**'Risk Assessment'** is a systematic process used to identify hazards, assess risks and then eliminate or control risks that may be involved in an activity or undertaking.

**'Sun Safe Behaviour'** refers to the understanding and practice of procedures which help to reduce the harmful risks associated with too much UV including sunburn and skin cancer. Sun Smart behaviours include:

- Wearing a broad-brimmed or bucket hat that shades the head, face, neck and ears while participating in any outdoor activities where there is exposure to direct sunlight;
- Wearing protective clothing including appropriate clothing and sun protective uniform/clothing which covers as much skin as possible, for example, shirts with long sleeves and high necks/collars, is made from close weave materials such as cotton, polyester/cotton and linen, is dark in colour to absorb UV radiation (white and lighter colours reflect UV radiation onto skin), if used for swimming, is made from materials such as lycra, which stays sun protective when wet.
- Liberally applying SPF30+ sunscreen that is broad spectrum and water resistant to clean, dry skin at least 20 minutes before participating in outdoor activities and reapplying every two hours;
- Wearing sunglasses that meet Australian standard AS/NZS 1067:2003 and preferably have an Eye Protection Factor (EPF) of 10.
- Getting in the shade when you can

**'Ultraviolet (UV) radiation'** is a type of radiation that is produced by the sun and some artificial sources, such as solariums. The sun's UV radiation is the major cause of sunburn, premature ageing, eye damage and skin damage leading to skin cancer. However, it is also the best natural source of vitamin D which is essential for healthy bones and muscles, and for general health.