



Brisbane Grammar School

SunSmart Policy

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1 Background

Too much of the sun's UV can cause sunburn, skin and eye damage, and skin cancer. Exposure to the sun's UV during childhood and adolescence is associated with an increased risk of skin cancer in later life. A balance of ultraviolet (**UV**) radiation exposure is important for health. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

2 Purpose

This SunSmart Policy provides guidelines to:

- ensure all students and staff are well protected from too much UV exposure by using a combination of sun protection measures during school-related outdoor activities;
- ensure that students are educated and encouraged to develop sun safe behaviour (**SunSmart Practices**), including:
 - wearing a BGS hat;
 - wearing sun-protective clothing and close-fitting sunglasses where practicable;
 - using an SPF30+ or higher broad-spectrum sunscreen and reapplying it regularly; and
 - staying in the shade where possible;
- provide an environment that supports SunSmart Practices; and
- ensure all students and staff have some UV exposure for vitamin D.

There have been periods in the past where the School has made it mandatory for students to wear BGS hats to and from School. As this requirement is impossible to enforce, the School has drafted this policy on the basis that parents take primary responsibility for their son's sun safety outside of School and that students otherwise comply with the School's SunSmart Policy.

3 Application

This policy applies to all BGS staff and students, and to School events conducted both on and off the School campus.

Outdoor activities in this policy includes PE classes, sports, and other activities during breaks or lunch time.

4 Our commitment

Brisbane Grammar School will inform and educate the BGS community about the School's SunSmart Policy by the following means:

- inform parents of the School's SunSmart Policy, for example through newsletters and by publishing the policy on the School's website;
- include the SunSmart Policy in the Staff Handbook and on the School's website;
- seek ongoing support from students, parents and the School community for the SunSmart Policy and its implementation, through assemblies, newsletters, and the BGS website;
- incorporate education programs into the Student Wellbeing curriculum that focus on skin cancer prevention and SunSmart Practices;
- encourage all teachers and other staff to act as positive role models of SunSmart Practices;
- provide ongoing and continuing education to staff in the area of SunSmart Practices;
- seek the ongoing support of parents in ensuring that their children adopt SunSmart Practices; and
- review the SunSmart Policy periodically, or as required in response to feedback or to take into account changes that may impact upon the SunSmart Policy.

Brisbane Grammar School will also:

- where reasonably possible, ensure that adequate shade is provided at sporting carnivals and other school-related outdoor events;
- where reasonably possible, increase the amount of shade in the School grounds, for example by building shelters and planting trees;
- where reasonably possible, minimise outdoor activities during peak UV times of the year;
- provide SPF30+ sunscreen at a number of key locations around the School; and
- enforce compliance with the SunSmart Policy, including by:
 - ensuring that students who are not wearing a BGS hat are not allowed to participate in outdoor activities where they are exposed to direct sunlight; and

- at the School's discretion, disciplining a student who repeatedly does not bring or wear a BGS hat when participating in outdoor activities where they are or are likely to be exposed to direct sunlight.

5 Our expectations

5.1 Parents

Parents are expected to:

- support the School in the implementation and enforcement of the SunSmart Policy; and
- ensure that their son complies with the SunSmart Policy.

5.2 Students

Students are expected to:

- take responsibility for their own health and safety by complying with the School's SunSmart Policy and adopting SunSmart Practices;
- wear appropriate clothing and a BGS hat while participating in any outdoor activities where they are exposed to direct sunlight;
- where possible, make use of shaded or covered areas that are protected from the sun when they do not have a BGS hat;
- apply SPF30+ sunscreen before participating in outdoor activities where they are exposed to direct sunlight; and
- act as positive role models and encourage other students in complying with the School's SunSmart Policy and adopting SunSmart Practices.

5.3 Staff

Staff will:

- support the School in the implementation and enforcement of the SunSmart Policy;
- enforce compliance with the SunSmart Policy, including by ensuring that students who are not wearing a BGS hat are not allowed to participate in outdoor activities where they are exposed to direct sunlight;
- ensure students who do not have a BGS hat remain in shaded or covered areas that are protected from the sun;

- actively model sensible SunSmart Practices, at all times; and
- be engaged in professional development to increase awareness of issues in the area of SunSmart Practices.

6 Contact information

If you have any questions regarding this policy please contact the Deputy Headmaster – Students.

7 Policy management

Document management	Deputy Headmaster – Students	
Approved by	Board of Trustees Brisbane Grammar School	
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