

**ULTRAVIOLET RADIATION PROTECTION  
PROCEDURE****RATIONALE**

The Wesley College School Board recognises that skin cancers are the most common form of cancers in New Zealand. The incidence of melanoma skin cancer is among the highest in the world.

Most skin cancers are caused by excess exposure to Ultraviolet (UV) radiation from the sun. Over-exposure to UV radiation leads to skin damage, which over time can develop into skin cancer.

Even if exposure does not cause obvious sunburn, UV radiation can cause damage to your skin which accumulates over the years.

UV radiation, unlike heat and light cannot be seen or felt. UV radiation levels can still be very high on cool or cloudy days and skin damage can still occur. It is important not to rely on the temperature to indicate whether you need to protect yourself from the sun.

Levels of UV radiation vary during the seasons and throughout the day. In New Zealand, UV radiation levels are particularly high from September to April between hours of 10am and 4pm. It is therefore important to be SunSmart during these times.

**PURPOSE**

- To ensure that both teaching staff and students are protected from ultraviolet radiation.

**PROCEDURE**

1. Consideration will be given to the UV Index when organising events outside.
2. Staff will ensure where appropriate the following guideline/advice is followed:

a) Sunscreen

Staff and students who are outside are encouraged to apply a broad spectrum sunscreen that has an SPF of at least 30, 20 minutes before you go outdoors. Reapply every two hours or more often if you are swimming or sweating it off. Sunscreen is available from the Health Clinic.

b) Shade

Staff and students who are outside are encouraged to sit under the shade clothes, by buildings, trees or other shade structures such as marquees that provide shade from the sun. Shade structures will be made available where possible.

c) Clothing

Staff and students who are outside are encouraged to wear sun protective clothing, i.e. a shirt with a collar and long sleeves and trousers or long-legged shorts within uniform requirements.

d) Hat

Staff and students who are outside are encouraged to 'Slap On' a Wesley College hat to protect the face, head, neck and ears.

This procedure was issued by the Principal July 2021.

This procedure will be reviewed on / before July 2024.

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**PRINCIPAL**

8 July 2021  
**DATE**