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RESPECT • INTEGRITY • SUCCESS • RESPONSIBILITY

SUN PROTECTION AND HOT WEATHER POLICY

This policy applies to all school events on and off-site.

RATIONALE

A balance of ultraviolet (UV) radiation exposure is important for health.

Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

UV radiation cannot be seen or felt, and is different to infrared radiation that we feel as heat, and its damage is cumulative and irreversible. UV radiation levels are determined by factors including angle of the earth to the sun, time of the year and time of day, but not temperature.

AIMS

The aims of the Sun Protection Policy are to promote among students, staff and parents:

- positive attitudes towards skin protection
- encourage the school community to use a combination of sun protection measures whenever the UV Index is 3 and above
- assist students to be responsible for their own skin protection
- ensure families and new staff are informed of the school's sun protection and hot weather policy
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- the procedures for extreme hot weather



IMPLEMENTATION STRATEGIES FOR SKIN PROTECTION

This policy is for implementation throughout the year. In line with the Department for Education requirements and SunSmart guidelines, sun protection measures are used during **terms 1, 3 and 4, and whenever the UV is 3 and above at other times.**

Staff are encouraged to access the daily local sun protection times on the SunSmart app or <http://www.myuv.com.au> to assist with implementing this policy.

The purpose of the policy is to ensure that all children attending our school are protected from skin damage caused by the harmful ultraviolet rays of the sun. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

1. As part of general skin protection strategies:

- Children will wear a school wide brimmed or bucket hat, which protect the face, neck and ears whenever they are outside. This includes sport, sports days, outdoor excursions, outdoor activities, recess and lunch.
- Children who do not wear their hats when outdoors will sit under the shade of the sheltered area.
- Children will be encouraged to use available areas of shade for outdoor play activities.
- Children will apply a SPF 30+ or above broad spectrum water resistant sunscreen 20 minutes before going outdoors, and reapply 2 hourly if remaining outdoors.
- Children are required to wear clothing that offers their skin good protection. Shirts with collars and elbow length sleeves and longer styled shorts and skirts are best.
- Children will wear a rash top or t-shirt and sunscreen when swimming outdoors
- Teachers will schedule outdoor activities outside of the peak UV radiation times of the day, wherever possible.
- Staff will be encouraged to act as role models by practising SunSmart behaviour –
 - Wearing protective hats that cover face, neck and ears and appropriate clothing for all outdoor activities
 - Using a SPF 30+ or above broad spectrum water resistant sunscreen for skin protection
 - Seeking shade whenever possible

2. Our school will:

- Provide shelters and shade trees
- Have available for sale as part of the school uniform appropriate wide brimmed and bucket hats
- Provide SPF 30+ or above broad spectrum, water resistant sunscreen for staff and students use when needed and will ensure product is within date and stored below 30 degrees.
- Monitor students medical records for any allergic reactions students may have to the chemicals within sunscreens used
- Incorporate programs in skin cancer prevention in its curriculum
- Reinforce regularly the Sun Protection Policy in a positive way through newsletters, parent meetings and student and teacher activities
- Encourage students to put lunches in the fridge in warm weather



IMPLEMENTATION STRATEGIES FOR SKIN PROTECTION cont'd

3. When enrolling a child, parents will be:

- informed of the Sun Protection Policy
- informed that new students are required to wear a school wide brimmed or bucket hat
- encouraged to provide SPF 30+ or above broad spectrum, water resistant sunscreen if their child is allergic to the sunscreen that is being provided by the school
- encouraged to practise skin protective behaviour themselves
- encouraged to support the school's health and safety messages

4. Extreme hot weather:

Extreme hot weather days are when the temperature is 38 degrees or higher.

On extreme hot weather days:

- Classrooms and/or the gym will be open and supervised for students to use at lunch time. All students will remain inside during this time.
- Lessons are modified accordingly.
- We have air-conditioning that keeps students cool and fridges in each classroom to ensure safe food storage.
- Allow water in drink bottles during class time, and encourage students to hydrate regularly

5. Policy Review:

The Governing Council and staff regularly monitor and review the effectiveness of the sun protection policy (at least every 3 years) and revise the policy when required.

Date of next policy review: September 2021

