

## Sun Smart Policy

### Rationale

Australia has the highest incidence of skin cancer in the world, with over 750,000 Australians treated for skin cancer each year. Black Forest affirms its commitment to child safety by offering safe alternatives to outside play in hot weather and by encouraging Sun Smart behaviours.

1. The population is predominantly fair-skinned.
2. Ultra-violet light from the sun is of sufficient intensity to induce skin cancer in this susceptible population.
3. For most of this century social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school and recreational habits expose people to the sun for long periods.
5. Two in three Australians will be diagnosed with skin cancer before the age of 70.
6. Sun exposure during childhood and adolescence are critical periods during which UV exposure is more likely to contribute to skin cancer later in life..
7. Each 1% loss of Ozone layer results in 2% increase in ultra-violet radiation.
8. Each 1% increase in the ultra-violet radiation increases the risk of skin cancer and eye disorders by 3-5%.
9. Ultra-violet radiation is reflected up to 60% on sand, snow, water and cement.

### Aims

- To promote positive attitudes towards skin protection
- To develop lifestyle practices which can help reduce the incidence of skin cancer.
- To encourage responsibility for and decision-making about skin protection.
- To ensure that children are protected from skin damage caused by ultra-violet rays of the sun, while at school.
- To encourage children and the wider community to protect their eyes by the wearing of UV protective sunglasses.

### Strategies

- 1.1 From 1<sup>st</sup> September until 30th April, children will wear hats (Legionnaire or broad-brimmed – approx. 7cm) which protect the face, neck and ears, whenever they are outside, eg sport, sports practice, sports carnivals, outdoor excursions, physical education lessons, daily fitness, before school, recess, lunch, and after school.
- 1.2 Recess will be 30 minutes, from 11:00am – 11.30am, in order to minimise time in direct sun between 10am and 3pm (daylight saving).
- 1.3 Lunch includes 30 minutes play time, with children eating lunch in the classroom or shade for 10 minutes, with class teachers across R-7.
- 1.4 The Resource Centre will be open at lunch time.
- 1.5 Fixed seating provided in shaded areas.
- 1.6 Children who do not have their hats will stay in the area protected from the sun outside the staff room.
- 1.7 Children to be encouraged, via newsletter and class information, to protect their eyes by the wearing of UV protective sunglasses.
- 1.8 Outdoor activities will be held in an area of shade, wherever possible.
- 1.9 Teachers will schedule outdoor activities before 10 am and after 2 pm (11 am and 3 pm Daylight Saving Time), whenever possible.
- 1.10 Staff and parents to act as role models by
  - wearing protective hats and appropriate clothing
  - wearing UV protective sunglasses
  - using a SPF 30, or higher Broad Spectrum, water resistant sun screen for skin protection
  - seeking shade whenever possible.
- 1.11 Skin cancer prevention included in the school Health curriculum.
- 1.12 Parents are encouraged to ensure their child has applied sunscreen prior to coming to school in the summer months and to supply their child with their own sunscreen to be reapplied by the child throughout the day.

- 1.13 Children to be encouraged to apply a broad spectrum sunscreen with a SPF of at least 30+, 10-15 minutes before going outdoors. Reapply every 2 hours if outdoors, or more frequently if swimming. From 1<sup>st</sup> September until 30<sup>th</sup> April, children will be encouraged to apply sunscreen before school and before going out to play.
- 1.14 Students to be encouraged to wear shirts with collars and sleeves, at least elbow length, and longer style shorts/skirts, school uniform to be in line with these requirements
- 1.15 Families to be reminded annually re the danger of skin cancer and the possible damage to unprotected eyes.

#### Hats

Broad brimmed and legionnaire hats will be worn from 1<sup>st</sup> September – 30<sup>th</sup> April.

When the temperature is 37°C or higher the following will occur:

- Children will be supervised inside at lunch time • recess time • stay in the shade • sit quietly
- Outdoor education activities will be cancelled.

For outside sporting activities, including school sports and vigorous Phys Ed lessons, the temperature limit is reduced to 35°C.

For swimming lessons, when the temperature is 37°C or higher

- Verbal instruction and discussion time will take place in the student's classrooms
- Aquatic activities may still take place in the water (sunscreen and t-shirts or rash vests are worn)

When the temperature is 35°C and under 37°C, students will be instructed to play in the shade and to avoid vigorous play.

Sun Smart guidelines are also in place for After School Sport.

#### Management

The following structures will be followed:

- Hot Weather Policy will be communicated to staff from the office.
- The decision to enact Hot Weather Policy will be made by Leadership Staff
- Data will be accessed from the Bureau of Meteorology website, which offers an on line service updated every ten minutes.
- On 'Hot Weather' days, teachers will share supervision of students inside at playtimes. This will be supported by specialist and support staff.
- This policy document and the rosters are to be retained in class folders for easy reference.

Please also note:

In the case of hot weather that does not meet the criteria, children will be encouraged to seek safe and shaded play options.

- Students without hats will stay in designated shade areas at playtimes
- Adults are encouraged to model Sun Smart behaviour by wearing hats or carrying an umbrella when outdoors.
- School hats are part of School dress code and therefore need to be maintained in good order-clean and tidy.