



Reviewed 2017
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LOCK AREA SCHOOL Sun Protection Policy

RATIONALE:

Australia has the highest incidence of skin cancer in the world with 750,000 new cases and over 2,000 deaths recorded each year.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that sunburn and cumulative sun exposure is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Most skin damage and skin cancer is, therefore, preventable.

Vitamin D is a nutrient that comes from the sun. Cancer Council Australia recommends that a skin protection policy should consider the importance of “safe” sun exposure for the production of vitamin D – particularly when the UV is below 3 term 2 – for healthy bone development in children.

OUTCOMES:

All students, parents and staff will:

- Develop positive attitudes toward skin protection.
- Promote lifestyle practises that can help reduce the incidence of skin cancers and the number of related deaths.
- Develop an awareness for environmental changes that need to take place to reduce the level of exposure to the sun.
- Take personal responsibility for their own skin protection and decision making.
- Wear a suitable broad brimmed hat while they are in the school yard during Terms 1, 3 and 4.
- Where applicable, staff are encouraged to access the daily SunSmart UV Alert to assist with the implementation of this policy via the SunSmart app or www.bom.gov.au/sa/uv.

PROCEDURES:

It is expected that Sun protection measures are used from during terms 1, 3 and 4 and whenever the UV Index levels reach 3 and above:

- All students and staff will wear suitable broad-brimmed hats on all days in Terms 1, 3 and 4 while outside.
- Students’ hats must be wide brimmed and preferably in the school uniform colour of green. Parents will be asked to purchase school hats and sunglasses and to clearly name the hat for their child’s use at school.

- Sharing of hats is discouraged.
- Students who do not have their own hat, will remain in designated shade areas protected from the sun during breaks.
- Teachers will encourage all students to play in shaded areas.
- Students will be encouraged to provide their own SPF30 or higher, broad spectrum, water resistant sunscreen.
- SPF30 or higher broad spectrum, water resistant sunscreen will be available in all classes.
- Teachers will actively encourage the use of sunscreen at recess, lunch, physical education lessons, sport and swimming times. Sunscreen is to be applied 20 minutes before going outdoors and every 2 hours when outdoors.
- Staff are reminded of their responsibility to limit students' exposure to the sun in peak periods to only durations that are necessary. Outdoor activities, assemblies and lessons will be scheduled outside of the peak UV times of the day where possible, or conducted in shaded areas where possible.
- Parents will be asked to provide written details of any known allergies their child may have to sunscreen on medical condition form. Such information is to be made available to all staff including relief staff.
- Students will be encouraged to wear sunglasses that meet the Australian standards for eye protection from the sun's rays.
- Sun protection is incorporated in the curriculum at all levels.
- Sun protection is emphasised at all outdoor functions.
- Outdoor events in Terms 1, 3 and 4 are planned so that sun protection is considered.
- Governing Council (through Facilities and grounds committee) are conscious of their responsibility also, and will continue to provide adequate under-cover play areas and maintain many shady trees in the school grounds.
- Appropriate sunprotective clothing is included in the school uniform code and includes tops with collars and longer style sleeves, and longer style shorts, dresses and skirts.
- For WH&S staff, parents and visitors are encouraged to wear a broad brimmed, bucket or legionnaire hat, sun protective clothing, sunglasses, sunscreen and seek shade when involved in outdoor activities at the school.