

KOORANA EDUCATION SUPPORT CENTRE

SUN PROTECTION POLICY 2019

Rationale

Australia has the highest rate of skin cancer in the world with two out of three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is an important contributing factor to the development of skin cancer later in life. As students are at school during peak times of ultraviolet (UV) radiation, schools can play a major role in creating a supportive environment that minimises exposure and encourages sun protective behaviours. A school has a duty of care to implement sun protection policies and practices, because the risk of skin damage is a foreseeable harm of the hazard of exposure to UV radiation that exceeds level 3. In Western Australia the UV levels are 3 or higher for most of the year.

Goals

- To increase student and community awareness of skin cancer.
- To adopt practical sun protection measures.
- To increase the areas of shade to provide a safe school environment
- To encourage students, parents and school staff to wear protective clothing, hats and sunscreen at high risk times, such as break times, sports, gardening activities and excursions.

Implementation

Procedures

Scheduling outdoor activities

- Where possible, we schedule outdoor activities such as assemblies, outdoor lessons, sport and physical education to occur when the UV Index is below 3. When this is not possible activities are scheduled as far from 12 noon as possible to avoid peak UV times.
- When outdoor activities are scheduled at times when the UV Index is 3 or higher, maximum use is made of shade, sunscreen, hats and long clothing to protect students and staff.
- We require students, staff and parent helpers to wear broad-brimmed, bucket or legionnaires style hat, sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission form.

Shade

- We ensure there is adequate provision of shade within the school grounds for students and staff, particularly in high use areas, for example, popular play areas, where children eat lunch, canteen, and outdoor lesson areas.
- We encourage staff and students to use shaded areas when outside.
- Students who do not have appropriate hats or sun protective clothing are to play in the shade or a suitable area protected from the sun.
- We ensure that adequate shade is provided at sporting carnivals and outdoor events.

- Shade provision is considered in plans for future buildings, grounds and playground equipment.

Hats

- We require students and staff to wear a broad-brimmed, bucket or legionnaires style hat that protects the face, neck, ears and crown of the head whenever they are outside. Caps do not provide adequate sun protection and will not be permitted.
- No approved hat, play in the shade rule to be communicated and enforced.
- We encourage parents and visitors to wear broad-brimmed, bucket or legionnaires style hats when participating in and attending outdoor school activities.

Clothing

- Cool, loose-fitting sun protective clothing is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow length sleeves, and longer dresses and shorts.
- Staff and students are required to wear a rash vest or similar top for swimming/water activities.

Sunscreen

- Sunscreen is available and accessible to staff and students in classrooms and around the school grounds e.g. at the school office.
- Parents will be asked to supply sunscreen for those students who have allergies or sensitivities.
- All students and staff will apply SPF30 or higher broad-spectrum water resistant sunscreen 20 minutes before going outdoors e.g. prior to school, before lunch, PE lessons, sports, excursions etc.
- Staff will ensure that sunscreen is reapplied to the students and themselves every two hours or more frequently if it is washed or wiped off.
- Sunscreen will be stored in a cool place, out of the sun.
- The first aider will monitor the expiry date of sunscreen and discard when out of date.

Sunglasses (optional)

- Where practical, students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4).

Role modelling and occupational health and safety

- To support health and safety legislation, staff are required to wear sun protective hats when supervising students.
- Staff, students and visitors will act as positive role models and demonstrate SunSmart behaviour when attending school by:
 - wearing sun protective clothing
 - applying SPF30 or higher broad-spectrum water resistant sunscreen
 - wearing a sun protective hat (broad-brimmed, bucket or legionnaires style)
 - using and promoting shade
 - wearing sunglasses that meet the Australian Standard 1067.

Education

- Programs on sun protection are included in the curriculum for all year levels.
- Staff undertake professional learning to stay informed about sun protection education.

Informing the school community

- Sun protection is communicated to staff, families and visitors via notes, social media, assemblies, daily messages, whole school activities, and parent and staff meetings.
- Families and visitors are encouraged to role model sun protection measures when attending outdoor activities.

Policy monitoring and review

- The sun protection policy will be made available to staff and parents. Parents are informed of this sun protection policy when they enrol their child/children. All new employees are briefed on the sun protection policy.
- Table below is used to monitor implementation of the sun protection policy.

Sun Protection Strategy	✓	X	How can we improve?
100% of students wear either legionnaire or broad-brimmed hats.			
No hat, play in the shade rule enforced.			
Teachers wear either legionnaire or broad brimmed hats.			
Parents are actively encouraged to wear hats when visiting the school.			
Students are actively encouraged to use shaded areas.			
All students eat recess and lunch in full shade.			
Sun protection and skin cancer awareness is incorporated in the curriculum at all year levels.			
A plan is in place to increase the amount of shade at school.			
Where possible outdoor activities are conducted outside of peak UV times or held under cover.			
SPF 30+ sunscreen is available for staff and students whenever they go outside.			
Students are encouraged to come to school wearing sunscreen.			
The design of the school uniform provides good protection from the sun, e.g. shirts with collars,			

longer sleeves.			
Students attending outdoor swimming classes are required to wear rash vests/swimwear that completely covers their trunk.			
There are regular sun protection reminders via Facebook, notes home. School website			
Sun protection is incorporated into the planning of all outdoor events.			

- The policy is monitored regularly and reviewed every three years.

Date for review: Term 1 2022