



# Our Lady of Hope School

Greenwith

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# POLICY DOCUMENT

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<h2>Sun Protection</h2>
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## **RATIONALE**

Australia has the highest incidence of skin cancer in the world with 2 out of 3 Australians developing skin cancer at some time in their life. Skin damage, including skin cancer, is the result of cumulative exposure to the sun's ultra violet radiation (UVR). Much of the damage occurs during childhood and adolescence.

It is estimated that 95-99% of skin cancers are preventable by the development of safe practices and limited exposure to ultra violet rays.

As children are at school during the high ultra violet risk period each day for 5 days each week, the school has the potential to significantly reduce the level of sun exposure sustained by children.

## **PURPOSE**

To ensure that all students attending school and/or participating in school-approved activities are protected from skin damage caused by harmful ultra-violet rays.

## **IMPLEMENTATION**

This policy is for implementation from 1 September until 30 April and when the UV is 3 and above during May until August. When the UV is 3 and above a combination of sun protection measures will be applied, as discussed below.

When the UV is below 3, staff and students are not required to use sun protection as the sun provides a vital source of Vitamin D. Staff and students are encouraged to check the UV daily via [www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv) to assist with the implementation of this policy.

### **1. EDUCATION**

Educating all staff, students and parents about the importance of Sun Protection. Such education will take place by:-

- Helping staff to understand the importance of maintaining adequate Vitamin D levels in children and developing their knowledge and understanding of when sun protection is needed for outdoor activities (when UV levels are over 3);
- Communication and reminders to parents about the School's Sun Protection Policy;
- Incorporating Sun and Heat Protection activities into the curriculum, including teaching children about the reasons for sun protection;
- Modelling of good Sun and Heat Protection policies by School Staff and Parents.

## **2. OUTDOOR ACTIVITIES**

- Shade is prioritised for outdoor activities when the UV is high. Shade is considered when planning outdoor activities and events;
- Encourage students to avoid direct exposure to the sun at recess and lunch times on days where it quite hot and/or UV levels are high. (Children will stay indoors on days of extreme heat);
- Where possible activities are scheduled outside of the peak UV times of the day on days of extreme heat and UV;
- After school students will be encouraged to wait in shaded areas until they have been collected from school.

## **3. HATS**

- It is a requirement that all students will wear a hat during play and at other times as directed by the teacher. Students who do not have their hats with them during nominated play times will stay in an area protected from the sun, and a "no hat, no play" policy will exist. School staff may use their discretion in applying the "no hat, no play" policy in the winter months;
- Hat requirements: Hats that give good protection to the face, ears and back of the neck are to be worn by staff and children. Broad brimmed, legionnaire style or a bucket hat with a deep crown and a brim width of 6cms. Students must wear a school hat available from the Our Lady of Hope (OLOH) Uniform Shop. School hats meet the above requirements;
- Hats stipulated by the school's Code of Dress Policy must be worn.

## **4. SUNSCREEN**

- Whenever the UV is 3 and above students and staff are encouraged to apply SPF 30 or higher broad spectrum, water resistant sunscreen 15-20 minutes before going outdoors for extended periods.;
- The school will provide SPF30+ broad spectrum sunscreen for staff;
- Students representing OLOH at sporting carnivals external to the school grounds are asked to apply sunscreen before attending the carnival and will be reminded by staff to re-apply sunscreen at regular intervals throughout the day. Children who forget their personal sunscreen will have access to school supplied sunscreen.

## **5. SUNGLASSES**

- Students are allowed to wear sunglasses for outdoor activities. Wraparound sunglasses are encouraged.

## 6. HOT WEATHER POLICY

- On days when the maximum temperature reaches 37°C or above, as displayed by the Bureau of Meteorology, students will remain in classrooms or the resource centre during play time;
- Students will be encouraged to stop at frequent intervals on very hot days to take drinks;
- Children will be allowed to bring their drink bottles and lunch boxes inside the classroom on hot days;
- An early dismissal policy will not apply at OLOH as the School is fully air conditioned;
- In the case of campus, sporting competitions and practices held out of school hours, the sun protection policy/hot weather policy for that competition will apply. In the absence of a policy the Principal or a member of the Leadership team will make a final decision on student's participation in the event.

## 7. STAFF

- The school provides SPF30+ broad spectrum to staff for use in staff first aid yard duty bags and also in the staff room;
- The school will be proactive in restructuring activities for staff in the event of excessive heat;
- School staff should be aware that they are role models to students and are expected to meet sun protection obligations by: -
  - Practising sun-safe procedures;
  - Wearing protective hats and appropriate clothing for all outdoor activities;
  - Using SPF30+ broad spectrum sun-screen protection;
  - Seeking shaded areas when possible.

## 8. PARENTS

All parents will be made aware of the policy and the reasons for its implementation.  
*On enrolling a student, new parents will:*

- Be informed of the school's sun protection policy;
- Be encouraged to provide a suitable SPF 30+ sunscreen for their child's use;
- Be encouraged to practice skin protection behavior themselves.

## 9. SCHOOL

- The school will seek to increase shaded areas for outside activities finances permitting.

## 10. OUT OF SCHOOL ACTIVITIES / EXCURSIONS

- All students are to be encouraged to wear a rash vest or close fitting T-shirt over bathers for outdoor swimming activities as well as hats and sunscreen;
- All students are encouraged to provide their own sunscreen.

## 11. SUN PROTECTIVE CLOTHING


- Clothing to protect the skin: Staff and students are encouraged to wear clothing which protects the skin from UV. This includes tops with collars and longer style shorts, dresses, skirts and trousers.



(Chairperson)

21 NOV 16

(Date)



(Principal)

21 Nov 2016

(Date)