



## Sun Smart/ Skin Protection Policy

### RATIONALE

(The following information is from the Cancer SA website [www.cancersa.org.au](http://www.cancersa.org.au))

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing in later life.

The Cancer Council SA advises people to protect their skin when the ultraviolet (UV) radiation level is 3 and above as this is when it is strong enough to cause damage to unprotected skin. Over 90% of skin cancer cases are due to ultraviolet radiation, making it one of the most preventable cancers. As a school we are ideally placed to help reduce the incidence of skin cancer and have a responsibility for encouraging effective sun protection practices with all members of the school community. UV radiation levels are 3 and above every day from August through to the end of April and it is during these months that sun protection is necessary.

People who are very fair skinned need to consider sun protection all year round. It is important to balance sun protection with safe sun exposure for the production of vitamin D which we require for bone growth and development.

### AIMS

The aims of the Virginia Primary School skin protection policy is to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- Awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.

### PURPOSE

To promote amongst children, staff and parents a positive attitude in taking personal responsibility for sun protection, including knowledge about their skin type.

To minimise exposure to UVR during terms 1,3 and 4 during the peak UV times of the day when UV radiation levels are at their highest, through:

1. Individual sun protection (hats, sunscreen, appropriate clothing, sunglasses)
2. Environmental sun protection (natural and built shade)
3. Modification to the curriculum with restricted outdoor activity during peak UVR times

To educate students in understanding the risk of skin cancer and associated life style practices which can help reduce the incidence of skin cancer.

### GUIDELINES

It is an expectation that all members of the school community, including OSHC, implement the following sun protection strategies:

**During terms 1,3 and 4 and at other times when the UV radiation is at level 3 or above any outdoor activities (e.g. daily fitness, PE) are in line with the following risk minimising sun protection strategies:**

1. Where possible, scheduled before or after peak UVR times held indoors or in full shade, making use of the shade of trees, fixed shade shelters and verandas whenever outdoors during peak UVR times
2. Held outdoors with all participants protected with hats and sunscreen

**Particular care is taken if in the sun during the peak UV times of the day.**

1. Where possible, outdoor activity sessions will be held in shaded areas.
2. Whenever possible, all outdoor activities, including Vacation Care programs (where applicable), will be scheduled before 10 am and after 3 pm, conducted indoors, or in the shaded areas of the school.
3. UV radiation level information is accessible on <http://www.bom.gov.au/places/sa/adelaide/forecast/>

**Shade of trees and fixed shade shelters is used whenever possible.**

1. Provision of fixed shade areas has been a priority with fixed shade over school and kindy sandpits, and seven fixed shade shelters in the yard (free standing and attached to buildings.) these shelters provide all weather protection.
2. Shade cloth shelters protect the small playground and swings. (September 09)
3. Deciduous tree planting around playground is designed to provide future shade.
4. The school will continue a planned approach to increase the natural and built shade areas.
5. Students are to be taught from a young age about shaded areas and encouraged to play in the shade during break times.

**Appropriate clothing that protects the skin is worn by students and staff**

1. **Students are expected to wear a broad brimmed hat during recess and lunch year round. Inline with providing students with safe exposure to UV light , when the UV level is below 3 in term 2 students will not be required to wear a hat during P.E lessons and fitness.**
2. Students not wearing an appropriate hat are expected to play in the shade.
3. Student are encouraged to wear shirts with collars and must have their shoulders covered with longer-style sleeves, and longer style shorts, dresses and skirts.
4. Students attending Vacation Care programs at the school will be instructed to wear clothing that protects the skin (no singlet or midriff tops) and appropriate hats (no baseball caps or visors).

**Students are encouraged to apply sunscreen**

1. Students are encouraged to use a broad-spectrum, water resistant sunscreen with an SPF (sun protection factor) of 30+ or higher
2. Students are encouraged to come to school with sunscreen on.
3. Students are encouraged to reapply sunscreen 15-20 minutes before going outdoors for lunch or curriculum activities (apply sunscreen, wash hands, eat lunch)
4. Sunscreen should be reapplied every two hours if outdoors
5. Parents will be encouraged to supply sunscreen for their children
6. Bulk sunscreen packs are available in all classrooms.

**The SunSmart message is reinforced at a classroom level and in general school procedures.**

1. Staff will be encouraged to routinely role model appropriate SunSmart strategies in all school activities.
2. The school community can access relevant information at [www.sunsmart.org.au](http://www.sunsmart.org.au)
3. Teaching resources are available at
4. <https://www.cancersa.org.au/cut-my-risk/sunsmart/resources/teaching-resources-for-primary-schools>
5. Information about the school's Sun Protection policy will be given to all new staff, students and families.
6. Skin cancer prevention will be included in the curriculum at each year level. Students will be taught sun protection messages related to:

**SLIP** on sun protective clothing covering as much skin as possible

**SLOP** on SPF30+ sunscreen

**SLAP** on a hat

**SEEK SHADE** or reschedule activities outside of peak UV radiation times

**SLIDE** on some sunglasses

**Extreme Hot Weather**

1. Leadership, Front Office staff make the decision to implement hot weather practice if the temperature on site is 36 degrees Celsius or more, prior to recess and again at lunch.
2. If the weather is hot, but less than 36 degrees, students are allowed to have recess/ lunch outside and are encouraged to stay in shade areas, are not to participate in rigorous play, oval area which has no shade will be closed, playground area will be open if a delegated staff member has determined that the playground surfaces will not cause children burn injury. This risk will be assessed in the following manner; if the adult cannot comfortably hold their hand on the surface for a slow count of five, it is not a safe surface for children to play on.
3. If the temperature is 36 degrees or over at recess, students will stay under the outside shade shelters and will be instructed by staff not to run around.
4. If the temperature is 36 degrees or over at lunch, students will be inside.

For more information please don't hesitate to contact:

Cancer Council Helpline 13 11 20

Email [chl@cancersa.org.au](mailto:chl@cancersa.org.au)

Or visit our website on: [www.sunsmart.org.au](http://www.sunsmart.org.au)