



Rationale

Australia has one of the highest incidences of skin cancer in the world, with two out of three people developing some form of skin cancer before the age of 70.

Skin damage, including skin cancer, is the result of cumulative exposure to UV radiation from the sun. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk. The majority of skin damage and skin cancer is preventable.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use a combination of sun protection measures when the UV is 3 and above.

Aim

The aims of Salisbury Heights Schools Skin Protection policy are to promote among students, 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 change in schools to reduce the level of exposure to the sun.

Implementation

The procedures outlined in this policy are for implementation during terms 1, 3 and 4 and when the UV radiation level is 3 and above at other times. Staff (and students when applicable) are encouraged to access the daily local sun protection times when planning outdoor school activities, e.g.: for an all-day excursion or sports day, implement a combination of sun protection measures when the UV is 3 and above.

The purpose of the policy is to ensure that all members of our school community are protected from skin damage caused by harmful ultra violet rays from the sun. All members of the school community will be required to use the following skin protection strategies and regularly revisit the expectations of this policy.

Wear appropriate hats and clothing

- Children without an appropriate hat in terms 1, 3 and 4 will be required to play in a designated shaded area.
- Students and staff are expected to wear a broad brimmed hat in terms 1, 3 and 4 and when the UV is 3 and above at other times, when involved in an outdoor activity whether it is at school or outside of school, e.g.: on excursions. Students not wearing a hat during class time will be excluded from the activity.
- School uniform includes t-shirts with collars and longer style (at least elbow length) sleeves and longer style shorts, dresses and skirts, made of closely woven material will be expected to be worn, ensuring shoulders and mid-riff areas are covered.
- Rash tops or t-shirts over bathers are recommended for outdoor swimming activities.
- Where practical, children are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067.1:2016.

Sunscreen

- SPF 30 or higher, broad spectrum, water resistant sunscreen will be available in classrooms and for excursions.
- Children will be actively encouraged to apply sunscreen 20 minutes before going outdoors and reminded to reapply every 2 hours when outdoors, or after swimming activities.

Avoid being in the sun during the peak UV times of the day

- Whenever possible, outdoor activities will be scheduled outside the peak UV times of the day or conducted in a shaded area.
- Where possible, school assemblies will be held in the activity hall all year round.
- Where applicable, staff are encouraged to access the daily sun protection times to assist with the implementation of this policy.
- To help maintain vitamin D levels, sun protection measures are not used when UV levels are below 3.

Use shaded areas whenever possible when outdoors

- Provisions for more shaded areas will continue to be a high priority for the school.
- Staff are actively encouraged to utilise the shaded areas for outdoor learning.
- Children are encouraged to seek shade during recess and lunch times.
- Children who are not wearing appropriate hats or clothing are asked to play in areas protected by the sun.

Reinforcing the Sun Smart message in classrooms and school policies is an integral part of the school practices to embed sun protection behaviours.

- For Work Health and Safety, and role modelling, staff are required to wear a broadbrimmed, legionnaire or bucket style hat, sun protective clothing, sunscreen, sunglasses and seek shade when the UV is 3 and above.
- Sun protection measures will be included in the curriculum for all classrooms.
- Staff will be kept up to date with new information and resources from Cancer Council SA newsletters.
- Visitors and parents are encouraged to role model SunSmart behaviours when participating in or attending outdoor activities with the school.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community via newsletters and all families and staff members are informed of the policy via the School Handbook and website.

Hot weather Procedures.

- Children will not be allowed outdoors at lunchtime if the weather forecast is over 38 degrees.

The Salisbury Heights Schools skin protection policy will be evaluated regularly, at least every three years.

- Policy issues will be discussed at staff meetings, SRC and parent group.