



## **SUN PROTECTION GUIDELINES**

### **Background**

Skin damage, including skin cancer, is the result of cumulative exposure to ultraviolet radiation (UV) from the sun. UV damage begins to accumulate during childhood and adolescence and is associated with an increased risk of skin cancer later in life. As students and staff are at school during times of peak UV radiation, schools play a major role in providing an environment that minimises exposure and encourages long-term sun protective behaviours.

### **Aim**

Our Sun Protection Policy has been developed to ensure that all students, staff, parents and visitors attending Palmyra Primary School are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

### **Implementation**

This policy is to be implemented when:

- The forecast average monthly UV Index is above 3 for most of the year in Western Australia, so the policy is in place at all times.
- During all outdoor school activities, including breaks, sports carnivals, excursions and camps.
- Provisions will be made for students who do not have adequate sun protective clothing or hats. Students will not be excluded from play or physical activity, though activities may be restricted to shaded areas.

### **Procedures**

#### Water

- Parents to provide a name labelled water bottle.
- Students to be provided access to water at all times and provided reminders to drink regularly and refill when required.

#### Food

- A name labelled insulated lunch box is recommended.
- Staff will endeavour to oversee the safe storage of student lunches.

#### 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.
- Outdoor activities and excursions will be cancelled if the weather forecast indicates a temperature of over 38 degrees Celsius 3 days prior to the event. This is related to excessive heat, rather than sun protection.

### Hats

- We require students and ask 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.
- Students without hats will be directed to shaded areas for play times, or if during scheduled outdoor activities, such as sport time, will be provided a 'spare' hat to enable participation.
- We encourage parents and visitors to wear broad-brimmed, bucket or legionnaires style hats when participating in and attending outdoor school activities.

### Shade

- We ensure there is adequate provision of shade within the school grounds for students and staff, particularly in areas 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.
- 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.

### 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.
- Students and community are encouraged to wear a rash vest or SunSmart top /school shirt for outdoor swimming activities. Students will be able to take the rash vest off to race if they wish, but will be required to wear a SunSmart shirt at all other times.
- Extended, non-competitive water-based activities will require a rash vest to be worn. (Eg Camp)

### Sunscreen

- Sunscreen is available to staff in multiple locations around the school.
- Sunscreen for students must be provided by the family due to skin sensitivities.
- All students and staff will be encouraged to apply SPF50+ broad-spectrum water resistant sunscreen 20 minutes before going outdoors e.g. prior to school, before lunch, PE lessons, sports, excursions etc.
- Staff to oversee the regular 'group' application of sunscreen, with particular attention while on excursion.
- Sunscreen will be stored in a cool place, out of the sun.
- The occupational safety and health representative will monitor the expiry date of sunscreen and discard when out of date.

### Education

- Programs on sun protection are included in Health lessons.

- Sun protection is communicated to staff, families and visitors via newsletters.
- Families and visitors are encouraged to role model sun protection measures when attending outdoor activities.
- Education leading up to outdoor activities such as swimming and camp will be provided to students and the community.

### Heat Management

To minimise the risks associated with extreme hot weather:

- Outdoor activities / excursions to be rescheduled / cancelled should the predicted temperature be above 38 degrees Celsius /or
- Risk Management Plan to be provided to Principal.
- Recess and lunch break indoor alternatives to be provided (library / undercover area)

During long periods of high temperatures:

- schools stay open
- modify or postpone planned vigorous activity
- parents may keep their child at home
- parents may withdraw their child from parts of the school program.

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

### Support Sun Care Safety

<https://ikon.education.wa.edu.au/-/support-sun-care-safety/>

<https://ikon.education.wa.edu.au/-/access-the-student-health-care-in-public-schools-policy-and-procedures/>



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