



COOMANDOOK AREA SCHOOL

Striving to Make the Difference

SUN PROTECTION POLICY

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Respect

Honesty

Persistence



Government of South Australia
Department for Education



SUN PROTECTION POLICY

Rationale

Australia has one of the highest incidence of skin cancer in the world with two in three Australians being diagnosed with skin cancer before aged 70. Melanoma is the most common cancer in Australians aged 12-24 years, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun and can therefore be prevented by adequately protecting the skin. UV radiation cannot be seen or felt, and differs from infrared radiation that we feel as heat. UV levels are determined by a number of factors including angle of earth to the sun, but not temperature. Damage from UV radiation is cumulative and irreversible.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when UV is 3 and above does not put people at risk of vitamin D deficiency.

Schools can help reduce the risk of skin cancer for children, staff and the broader school community by encouraging **all** members of the school community to take effective skin-protection measures, and helping to change behaviours through education.

Aims:

The aims of the Sun Protection Policy are to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels are 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- assist students to be responsible for their own sun protection
- ensure families and new staff are informed of the school's sun protection policy

IMPLEMENTATION STRATEGIES FOR SKIN PROTECTION

In line with the Department for Education requirements guidelines, this policy is for implementation through the year, with sun protection measures in place during **terms 1, 3 and 4, and whenever the UV is 3 and above at other times.**

Staff are encouraged to access the daily sun protection times via www.myuv.com.au or www.bom.gov.au/UV to assist with implementing this policy.



The purpose of the policy is to ensure that all children attending this school and Preschool are protected from skin damage caused by the harmful ultraviolet rays of the sun.

1. As part of general skin protection strategies the school will:

- Increase, where possible, the amount of shade within the school grounds by building pergolas and shelters and planting trees
- encourage students to use available shade for outdoor activities.
- incorporate in the school curriculum all appropriate educational programs which focus on skin cancer prevention
- seek ongoing support from parents and the community for the Sun Protection Policy and its implementation
- require all students to wear hats which protect the face, neck and ears, ie. a broad brimmed, bucket style or legionnaire hat. Caps are not considered a suitable alternative
- require all students to wear shirts with collars and sleeves, and longer style shorts and dresses
- SPF 30+ broad spectrum, water resistant sunscreen is applied 20 minutes before going outdoors, and reapplied 2 hourly if remaining outdoors. Sunscreen is available for all students, however, students with allergies or sensitive skin are asked to provide their own.
- students without adequate protection will use shaded or covered areas at recess and lunch times
- request all staff and students to adequately protect themselves from the sun when involved in excursions and other outdoor activities
- timetable as many outdoor activities as possible, outside of the peak UV times of the day
- timetable outdoor assemblies outside the peak UV times of the day.
- encourage students to be actively involved in initiatives to protect the school population from excessive exposure to the sun
- offer a variety of sun protective hats for sale through the front office

2. As part of Work Health and Safety UV risk control and role modelling, when the UV radiation is 3 and above, staff:

- Wear sun protective hats, clothing and sunglasses when outside
- Apply SPF30 or higher broad spectrum sunscreen
- Seek shade wherever possible

3. As part of the Physical Education Program the school will:

- Ensure students and staff
 - wear hats that shade the face, neck and ears
 - wear shirts with sleeves and collars that are made from closely woven natural fibre. T-shirts or rash tops are required for outdoor swimming
 - apply SPF 30+, broad spectrum, water resistant sunscreen
 - Where possible, schedule lengthy outdoor activities outside the peak UV times of the day

4. As part of the Health Education program the school will:

- involve the students in a variety of learning activities to develop the knowledge, attitudes and skills pertinent to skin protection across all year levels.

5. The school Sport Program will, where possible, in addition to those strategies mentioned under Physical Education, provide:

- a variety of sports which can be played at indoor venues
- shade and shelter at outdoor sporting functions particularly if held during the peak UV times of the day