



# Ingle Farm East Primary School Skin Protection and Hot Weather Policy

Australia has the highest incidence of skin cancer in the world, with two out of three people developing some form of skin cancer in their lifetime.

There are three factors, often occurring simultaneously, which contribute to these statistics:

1. Ultraviolet light from the sun is sufficient intensity to induce skin cancer in this susceptible population.
2. For most of this century, social values have supported the belief that a suntan is healthy and attractive.
3. Lifestyle, work, school and recreation habits expose people to the sun for long periods.



Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that sunburn and sun exposure is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin cancer is, therefore, preventable.

UV radiation from the sun causes skin damage. UV radiation levels are independent of weather and temperature, and can be extreme on either a cool and cloudy day of 21°C or a day of 40°C, depending on the time of year. While too much exposure to UV radiation will cause skin damage, too little can lead to Vitamin D deficiency. Vitamin D is important for the development of healthy bones, muscles and teeth. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

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 (inclusive of OSHC) to use effective skin protection measures.

## Purpose

The aims of “**Ingle Farm East Primary School’s Skin Protection and Hot Weather 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.
- provide a duty of care to students and staff.
- awareness of the need for environmental changes in schools to reduce the levels of exposure to the sun.
- a healthy balance between UV exposure and UV protection.

The procedures outlined in this policy are for implementation during terms 1, 3 and 4 and when the UV is 3 and above at other times. Depending on school activities in May, staff and students are encouraged to check the UV and implement sun protection when the UV is 3 and above. When the UV is below 3, staff and students are encouraged not to wear sun protection for vitamin D.

**The sun protection policy is in place at OSHC during the following implementation times:**

**Before school care:** sun protection is not required, as the UV Index is rarely 3 and above at this time. During terms 1 and 4 it is recommended to apply sunscreen to assist with sun protection for the remainder of the day (optional). If your OSHC service is at the same premise as the primary school, you may like to implement hat wearing before school to comply with the school’s policy.

**After school care:** sun protection is required during terms 1 and 4, and whenever the UV is 3 and above at other times.

Staff are encouraged to access the daily local sun protection times to determine if sun protection measures are required during terms 2 and 3.

**Vacation care:** sun protection is required for all outdoor activities from 1 August to 30 April and whenever the UV is 3 and above at other times.

## Action

<b>Avoid prolonged exposure in the direct sun</b>	<ul style="list-style-type: none"> <li>▪ The school uses a combination of sun protection measures for all outdoor activities.</li> <li>▪ School events such as concerts are scheduled at twilight if needed.</li> <li>▪ Classes are scheduled outside of the peak UV times of the day, or if possible are conducted in the shade.</li> <li>▪ A risk assessment to minimise prolonged exposure to the sun must be completed before outdoor activities.</li> <li>▪ A combination of skin protection measures are considered when planning outdoor events (e.g. camps, excursions, sporting activities and swimming carnivals).</li> </ul>
<b>Consider UV radiation levels</b>	<ul style="list-style-type: none"> <li>▪ Check the daily UV level prediction <a href="http://www.bom.gov.au/weather/uv">www.bom.gov.au/weather/uv</a></li> </ul>
<b>Use of shade</b>	<ul style="list-style-type: none"> <li>▪ Shade areas are provided where practical.</li> <li>▪ School will endeavour to supply portable shade for special outdoor events.</li> <li>▪ Students are actively encouraged to utilise existing shaded areas for outdoor activities and further shaded areas will occur as school funds permit.</li> </ul>
<b>Wear appropriate clothing which protects the skin</b>	<ul style="list-style-type: none"> <li>▪ Students must be wearing sun safe hats in all outside activities all year around unless the UV level is below 3. All students are required to wear a hat that gives good cover to the face, neck and ears. This includes broad-brimmed, legionnaire or bucket style hats. Baseball caps are not acceptable.</li> <li>▪ Students not wearing a suitable hat or clothing must move to the shaded areas.</li> <li>▪ Classroom teachers will actively ensure all of their students have hats at school.</li> <li>▪ Staff are expected to wear hats on yard duty at all times.</li> <li>▪ Students are expected to wear sun smart clothing in accordance with dress code policy which includes tops with collars or higher neckline and elbow length sleeves, and longer style shorts, skirts and skorts.</li> <li>▪ Use of sunglasses is encouraged (not compulsory). Sunglasses category 2, 3, or 4.</li> <li>▪ At any school event/camps and vacation care where casual clothes/bathers are permitted students must be wearing SunSmart clothing to provide protected from skin damage. Students must wear a rash vest or a t-shirt over their bathers.</li> </ul>
<b>Use of broad spectrum, water resistant SPF 30 + or SPF 50+ sunscreen When the UV is 3 and above</b>	<ul style="list-style-type: none"> <li>▪ Students at school and children attending OSHC will be encouraged to supply their own sunscreen, although there will be sunscreen available in each classroom and OSHC room.</li> <li>▪ Students and children attending OSHC will apply SPF 30 or above broad spectrum water-resistant sunscreen at least 20 minutes before going outdoors and reapply sunscreen every 2 hours if remaining outdoors, or more often if washed or wiped off...</li> <li>▪ At any whole school or OSHC event conducted outdoors, teachers or OSHC educators will supervise the application/reapplication of sunscreen.</li> <li>▪ Regular breaks to be scheduled to accommodate the supervision (and support if needed) of sunscreen application.</li> </ul>
<b>Reinforcing the SunSmart message in classroom activities and in general school procedures</b>	<ul style="list-style-type: none"> <li>▪ For Work, Health and Safety UV risk controls, when the UV is 3 and above staff will role model appropriate SunSmart strategies in all school activities and relating to Dress Code Policy e.g., wearing hats, sun protective clothing, sunglasses, sunscreen and seeking shade when involved in outdoor activities</li> <li>▪ Visitors and parents are encouraged to role model Sun Smart behaviours when participating or attending outdoor activities with the school</li> <li>▪ The UV radiation levels will be monitored each day and communicated to the school community</li> <li>▪ Skin cancer prevention is included in all classroom curriculum for all year levels</li> <li>▪ Include regular SunSmart articles in the school newsletter, particularly in terms 1, 3 and 4</li> <li>▪ All families and staff members are made aware of the policy</li> </ul>

This policy was reviewed by Governing Council on 4<sup>th</sup> May 2022 in line with Sun Smart guidelines

## Action continued

### Hot Weather

- A member of the administration team will check the official weather site before 10.55am and before 12.55pm.
- When the temperature is above 36 degrees – no daily fitness will be conducted.
- When the temperature is above 36 degrees – students are to stay inside classrooms at recess and lunch times.
- Students and Staff will be notified by our school bells – 2 short blasts.
- Leadership and Non Classroom Teachers to share supervision of students in Northern and Southern Buildings to release teachers in single cell classrooms.
- Teachers in double classes are to arrange for release amongst themselves.

This policy is reviewed every 3 years



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