

PORT BROUGHTON AREA SCHOOL

SUN SAFE POLICY

With the increasing incidence of skin cancer, the school recognises its responsibility to protect students as much as possible from skin damage while they are in our care, and to continue to educate them in the preventative measures that can be taken to minimise the harmful effects of over exposure to the sun. Skin damage is result of cumulative exposure to the sun's ultra violet radiation (UVR). The considerations outlined in this policy will extend to all school settings including swimming lessons, sports days and school camps and excursions and will be in place from 1 September to 30 April and when UV is above 3 at other times

FACT - Australia has the highest incidence of skin cancer in the world.

FACT – Nearly 2000 deaths result from skin cancer each year in Australia.

FACT – Two out of three could be diagnosed with any form of skin cancer by the age of 70.

FACT - Damage to skin can occur on cloudy days and it's cumulative

FACT - For each 1% loss of ozone, we receive an extra 2% UVR. (I'm not sure about this statistic as it depends on the location –how near or far are we from the equator.

RESPONSIBILITIES

STUDENTS:

To seek shaded areas when at recess and lunch breaks, especially between 11.00am and 3.00pm from 1 September to 30 April and when UV is above 3 at other times.

Wear sun protective clothing; tops with collars and longer sleeves, shorts and skirts to cover as much skin as possible.

- To wear a hat (legionnaires, wide brimmed is recommended by Skin Cancer Research Foundation S.A. Inc.) which covers the back of the neck, ears and most part of the face during recess and lunch breaks and during Health and Physical Educations lessons and any other outdoor activities.
- To use SPF 30 or higher, broad spectrum, water resistant sunscreen. It is recommended that the sunscreen be applied to clean, dry skin, 15-20 minutes prior to sun exposure, and re-apply every two hours if outdoors for an extended period.
- To wear sunglasses (close fitting, UV protection, wrap around which meet Australian from category 2,3,4, or Eye Protection Factor of 10(EPF), during recess and lunch breaks and Health and Physical Education lessons if safe and practicable

CONSEQUENCES FOR R-12 NOT WEARING HATS

During recess, lunch

- stay in the shade
- if requested to move into shade and request is refused it is taken as refusing to do as a staff member asks and therefore becomes a breach of Yard Behaviour Rules, follow common steps - warnings, detention.

STAFF:

- To encourage students to seek shaded areas during recess and lunch breaks.

- To encourage students in the wearing of hats, sunscreen and sunglasses (with UVR protection) during these breaks.
- To role model sun safe behaviour by wearing sun protective clothing, hats, sunglasses (with UVR protection) and sunscreen whilst on yard duty.
- To seek shaded areas when possible whilst undertaking yard duties.
- To include formal instruction on sun-care as part of the compulsory Health and Physical Education curriculum
- To monitor UV levels on a regular basis for guidance in planning outdoor activities. It will also provide real times when sun protection is needed during peak UV season. This could be access through www.bom.gov.au or through SunSmart app.

ADMINISTRATION:

- To provide sunscreen 'pump-packs' (15+ SPF broad spectrum) for each classroom.
- To avoid outdoor assemblies between the hours of 11.00am - 3.00pm.
- To provide sunscreen (15+ SPF broad spectrum), sunglasses (with UVR protection) and hats for staff required to spend a substantial amount of time outdoors.

SCHOOL COUNCIL:

- To continue to develop shaded areas within the school grounds.

*****Please note:**

The wearing of hats is to be encouraged while students are outside but they are not acceptable inside classrooms.