



SKIN PROTECTION AND INCLEMENT WEATHER POLICY

Rationale

Australia has one of the highest incidences of skin cancer in the world with two in three people developing some form of skin cancer before the age of 70. Some facts about UV radiation...

- UV radiation from the sun causes skin damage.
- UV radiation cannot be seen or felt but is determined by the angle of the sun to the earth's surface, altitude and time of day.
- UV radiation levels peak over the middle of the day when the sun is directly overhead.
- UV radiation levels can be extreme on a day of 21°C or a day of 40°C, so it's important to know that temperature does not affect UV radiation levels.
- A UV radiation level of 3 is high enough to cause skin damage to unprotected skin therefore it is important to protect skin when the UV radiation level is 3 and above.
- The higher the UV radiation level, the greater the potential for damage to skin. Nearly all skin cancer is the result of overexposure to the sun, with childhood and adolescent exposure being a major cause.
- 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.
- In South Australia, UV levels are 3 and above for most of the year.
- There are times when inclement weather such as high temperatures, heavy rain, wind or other weather events impact on student, staff and visitor safety, health and wellbeing therefore it is important to follow inclement weather procedures to protect staff, students and volunteers from extreme weather.

Aims

The aims of the SunSmart and inclement weather policy are to:

- increase the school community's awareness of skin cancer and the importance of skin protection and a healthy balance between UV exposure and UV protection
- encourage the use of a combination of sun protection strategies which will lower the risk of skin damage and skin cancer
- encourage children's personal responsibility for and decision making about skin protection
- increase awareness of the need for environmental changes in our school to reduce the level of exposure to the sun and provide sufficient shade.
- protect students, staff and volunteers from inclement weather such as high temperatures, heavy rain or strong winds.

Scope

This policy is in effect all year. It applies to students at Linden Park Primary School whilst at school, participating in a school activity away from the school grounds; or while travelling to or from school or a school activity, students attending Out of School Hours Care (OSHC) and Vacation Care programmes, school staff and volunteers at Linden Park Primary School. It refers to ways Linden Park Primary School implements procedures for skin protection and inclement weather at school.

Strategies

Our school will ensure our staff and students use a combination of sun protection strategies by:

1. Considering UV radiation levels when planning any outdoor activities

- Take particular care if in the direct sun across the middle of the day when UV radiation levels are at their peak
- Wherever possible, all outdoor activity sessions will be held in shaded areas and outside of the peak UV times of the day.
- Students eat lunch supervised, either in the classroom or seated in a shaded area
- Whenever possible, all outdoor activities, including Vacation Care programs, will be scheduled outside the sun protection times, conducted indoors, or in the shaded areas of the school.
- On extreme weather days, the current temperature and the daily UV radiation levels will be monitored via the Bureau of Meteorology website (www.bom.gov.au/sa/uv/) or the SunSmart app widget on the school website.



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- Students, staff and visitors are encouraged to use available shade of trees, pergolas and shade clothed areas whenever outdoors.
 - If students are outside for long periods when the UV radiation levels are 3 and above e.g. PE, Fitness, Sports Day and excursions, outdoor sun protection including shade, hats, sunscreen and sun protective clothing are recommended.
2. **Including sun protective styles of clothing as part of our school uniform/dress code**
- Students will wear polo shirts with collars and mid length sleeves, longer style shorts/skirts as per the school uniform policy. Rash vests or t-shirts will be worn for swimming, if using an outside pool.
 - Students on Traffic Duty are required to wear appropriate school hats both before and after school every day.
 - Students attending Vacation Care programs at the school will be instructed to wear clothing that protects the skin (no singlet or midriff tops) and appropriate sun protective hats (no baseball caps or visors).
 - On occasions when casual clothes are allowed, including Sports Day, students are required to wear clothing that protects the skin (no singlet or midriff tops) and appropriate sun protective hats.
3. **Encouraging the application of SPF 30+ broad spectrum, water resistant sunscreen**
- Parents will be encouraged to apply SPF 30 or higher broad spectrum, water resistant sunscreen to their children before the start of the school day and provide it for daily use in Terms 1, 3 and 4.
 - Students will be encouraged to re-apply parent-provided sunscreen 20 min before going outdoors, and reapply every 2 hours when outdoors.
 - To ensure a healthy balance between UV exposure and UV protection, it is recommended that skin is protected when the UV level is 3 and above.
4. **Requiring students and staff to wear a hat that protects the face, neck and ears when outdoors**
- Students will be expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat with a deep crown and a brim width of 6cms, as per the uniform policy, **every** day.
 - Students not wearing an appropriate hat will be expected to play in the shade
 - If a student is found repeatedly not to have the appropriate hat, a reminder notice will be sent home to the parents
 - All staff are expected to wear sun-safe hats during this period.
5. **Reinforcing the SunSmart message in all school activities**
- Staff are encouraged to keep up-to-date with new information and resources via the Health and Physical Education curriculum or directly through Cancer Council SA.
 - Increasing the awareness of students to the risks involved in over exposure to UV radiation and sun protection measures will be addressed as part of well-being and the class learning program at each year level.
 - Information about the school's Sun Smart Policy will be given to all new staff, students and families and shared widely in the school newsletter.
 - Staff are required and parents are encouraged to act as positive role-models by routinely practising SunSmart behaviours including wearing appropriate hats, clothing and sunscreen when involved in outdoors school activities.
6. **Protecting students, staff and volunteers from inclement weather**
- On extreme weather days, the current will be monitored via the Bureau of Meteorology website www.bom.gov.au/sa/uv/
 - On days where the current temperature reaches 36°C or higher, there is heavy rain or strong winds, students will remain for PE lessons and/or inside at playtime under adequate teacher supervision. This will follow inclement weather procedures or be determined by leadership staff as required.
 - If students, staff and volunteers are on excursion, they are to seek shelter from extreme weather as needed or in extreme cases the excursion may be cancelled and rescheduled for another time.
7. **Reviewing the policy every two years to ensure the policy remains current and relevant.**

