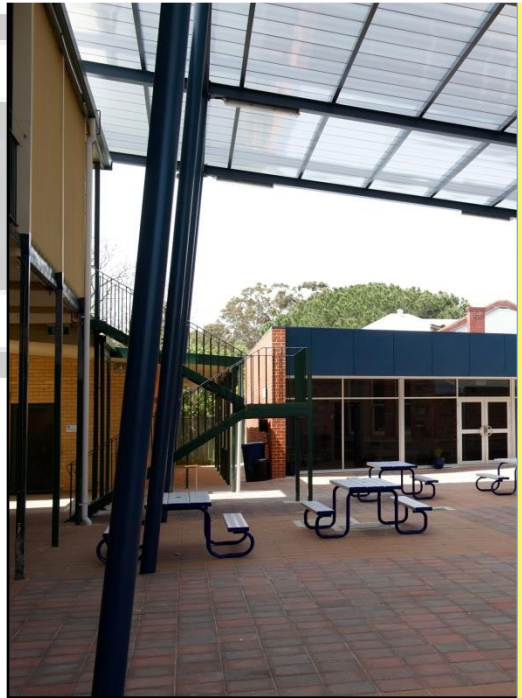




St Raphael's School

2018

# Sun Smart Policy





## Aims

The aim of St Raphael's School Sun-smart Policy (The Policy) is to promote among students, staff, parents/caregivers, volunteers, contractors and visitors:

- Positive attitudes towards skin protection
- Lifestyle practices that can help reduce the incidence of skin cancer
- Personal responsibility for and decision making about skin protection

This Policy is in conjunction with CESA WHS Sunsafes Policy Number 7.

## Implementation

The Policy is for implementation throughout the whole school year, with particular relevance from 1 August to 30 April and when the ultraviolet radiation level is 3 (moderate) and above.

The purpose of the Policy is to ensure that all members of our school community, including Out of School Hours Care programs (OSHC), are protected from skin damage caused by harmful ultraviolet rays from the sun.

All members of the school community are expected to follow skin protection strategies.

1. Avoid or eliminate extended activities in direct sun between the hours of 11:15am and 4:00pm during daylight saving and on other days of extreme sun and heat during the year.
  - 1.1 Whenever possible all outdoor activities will be scheduled before 11:15am and after 4:00pm daylight saving time and will be conducted indoors or in the shaded areas of the school if practical.
  - 1.2 School assemblies will be held either indoors or in a shaded area.
  - 1.3 Use shaded areas where possible when outdoors in the sun.
2. Wear appropriate clothing, which protects the skin.
  - 2.1 Students, staff, parents, volunteers, contractors and visitors will be expected to wear a broad-brimmed hat whenever involved in outside school activities. Students and staff on duty must wear hats during recess, lunch and outdoor activities from 1 August to 30 April, and on any day when the UV alert is above 3 and above. Students not wearing a hat will be asked to move to a shaded area of the school and miss out on play and activities. (No hat – No play).
  - 2.2 Caution is urged during 1 May to 31 July should the UV alert rise above 3 on any day.

To check the daily UV levels go to <http://www.bom.gov.au/sa/uv>

*It is important to balance sun protection with safe sun exposure for the production of Vitamin D for bone growth and development. During 1 May to 31 July, at times*



*when the UV radiation level is below 3, sun protection for most people is not necessary.*

(Excerpt from Cancer Council SA web-site – August 2009)

- 2.3 Students will be expected to wear suitable clothing that conforms to sun-safe requirements when on camps, aquatic activities, extra-curricular sporting activities and excursions. Examples are elbow length or long sleeves and collars, longer style dresses and shorts or long pants.
3. Apply a broad spectrum sun-screen with a SPF of 30+ to clean, dry skin, 10-15 minutes before going outdoors. Reapply sun screen every two hours if outdoors for a prolonged period of time, or more frequently if swimming or perspiring. Students are responsible for applying their own sunscreen.
  - 3.1 From 1 August until 30 April, students will be encouraged to apply sun screen before coming to school in the mornings and again 15 minutes before going out to lunch.
  - 3.2 Students will be encouraged to supply their own sun screen although sun screen will be supplied in each classroom, and in the staffroom for staff.
  - 3.3 Students will be encouraged to reapply sunscreen if they are involved in outdoor activities after 11:15am. Adequate time must be allowed for students to do this.
4. Reinforcing the Sun Smart message in classroom activities and in general school procedures are important strategies in the adoption of the skin protection behaviours.
  - 4.1 Staff will be encouraged to role model appropriate Sun Smart strategies in all school activities.
  - 4.2 Duty teachers will be required to wear a broad brimmed hat from 1 August until 30 April.
  - 4.3 Staff will be kept up to date with information and resources through the Cancer Council SA – “Sun Smart Newsletter for primary schools and early / childhood centres” and or by accessing information on the Cancer Council website: [www.sunsmart.org.au](http://www.sunsmart.org.au)



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