



SUN SMART

2016-2019

Skin Protection Policy for Gilles Street Primary School

Rationale

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10-15 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

The Cancer Council SA advises people to protect their skin at times when the ultraviolet (UV) radiation level is 3 or above—this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from August to April. The UV level can also reach 3 during the month of May.

In accordance with the recommendations from the Cancer Council our Sun Protection Policy will apply for Terms 1, 3 & 4 when the UV level is at its highest. UV levels will continue to be monitored using the SunSmart UV widget during the month of May and July and the Sun Protection Policy implemented as required.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to August, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

Aims

The aims of the Gilles Street Primary School Skin Protection Policy are to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practises which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- Awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.

Implementation

This policy is for implementation in Terms 1, 3 and 4. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above in May.

When the UV is below 3 in term 2, sun protection is not necessary to assist with vitamin D production. Students will still receive vitamin D when wearing sun protection in terms 1, 3 and 4.

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



It is an expectation that all staff, students and parents of Gilles Street Primary School, inclusive of the Out of School Hours Care Program will use the following skin protection strategies:

1. **Take particular care if in the sun when the ultraviolet radiation levels is 3 (moderate) and above.**
 - 1.1 Where possible, outdoor activity sessions will be held in shaded areas.
 - 1.2 Whenever possible all outdoor activities, including Vacation Care programs, will be scheduled before 10 am and 3 pm, conducted indoors, or in the shaded areas of the school.
 - 1.3 Swimming is to continue in Term 1 and Term 4 with the school taking precautions to decrease the risks of UV radiation by;
 - ensuring children wear a 'rashy' or t-shirt
 - using sunscreen before the event
 - instruction is given in the shade
 - arrange the timetable to use out of peak UV times for children using the uncovered pool
 - arrange the timetable for swapping age groups around to minimise time spent in UV peak time (e.g. 2 days rather than 5)
2. **Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.**
 - 2.1 Provision of shaded areas will appear as a priority on any forward planning documents for the school.
 - 2.2 Students are encouraged to seek shade during break times.
3. **Wear appropriate clothing that protects the skin.**
 - 3.1 Students and staff and will be expected to wear an approved broad brimmed hat, legionnaire style hat or a bucket hat whenever they are involved in outside activities. Children not wearing an appropriate hat will be expected to play in the shade. Parents will be encouraged to support and role model our expectations.
 - 3.2 Students will be encouraged to wear shirts with collars and at least elbow length sleeves, longer style shorts/skirts and rash vests or t-shirts for swimming, if using an outside pool.
 - 3.3 Students attending Vacation Care programs at the school will be instructed to wear clothing that protects the skin (no singlets or midriff tops) and appropriate hats (no baseball caps or visors). Parents are to be advised of this prior to the program commencing.

4. Students will be encouraged to apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to clean, dry skin 15-20 minutes before going outdoors for lunch or curriculum activities. Sunscreen should be reapplied every two hours when outdoors, or more frequently if involved in water activities or if perspiring.
 - 4.1 Adequate time will be allowed for students to apply sunscreen before going outdoors.
 - 4.2 Parents will be encouraged to supply sunscreen for their children.
 - 4.3 Sunscreen applications will be encouraged before going out to lunch or any outdoor activity between 10am and 3pm and when the UV level is 3 and above.
5. The Sun Smart message is reinforced in all school activities and in general school procedures as an important strategy in the adoption of skin protection behaviours.
 - 5.1 Staff, parents and carers will be encouraged to routinely role model appropriate Sun Smart strategies in all school activities.
 - 5.2 Skin cancer prevention will be included in the curriculum at each year level.
 - 5.3 Staff will be encouraged to keep up to date with new information and resources through contact with the Cancer Council SA.
 - 5.4 Information about the school's Sun Smart Policy will be given to all new staff, students and families.
 - 5.5 During swimming time address all Sun Smart/Safety by class and newsletter use.
 - 5.6 For WHS, staffs are required to wear a sun protective hat, clothing, sunglasses, and sunscreen and seek shade when outdoors.
6. The Gilles Street Primary School Skin Protection Policy will be reviewed on a 3 yearly basis with staff, Student Voice (SRC) groups, OSHC and School Council input.
 - 6.1 Policy issues will be discussed with staff, SRC, OSHC and school council. November 2009. Reviewed: Term 3 2011, May 2013, May 2016. Next review - May 2019.