



SunSmart, Heat and Hydration Policy

Rationale:

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer in later life. Students must therefore be educated as to the need for suitable sun protection from over exposure to the sun whilst at school.

The aims of the Kerang South SunSmart Policy are to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides adequate shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- follow duty of care requirements; and
- follow appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Guidelines:

The sun protection measures listed are used for all outdoor activities from mid-August to the end of April. During these months, average daily UV levels are three or higher, the level that can damage skin and eyes.

- This policy is to be read as part of our Uniform Policy. Sun protective clothing is included in our school uniform. School clothing is cool, loose-fitting and made of densely woven fabric. It includes shirts with collars and short sleeves, longer dresses and shorts and rash vests or T-shirts for outdoor swimming.
- Students are required to wear a broad-brimmed school hat which protects the face, neck and ears whilst outside
- During this time, students who do not fulfil hat and clothing requirements at recess and lunchtime must play in the designated shaded area (the undercover eating area).
- Students will only be able to participate in outside P.E. and sports lessons during SunSmart times if they are wearing a school hat.
- School hats with a logo can be purchased through the Uniform Coordinator of the school.
- Outdoor activities, P.E. and sport will be timetabled **before 1:20 pm during Terms 1 and 4** whenever possible. The multi-purpose shed may also be utilised or alternative activities organised on extreme weather days.
- Students **must** wear rash vests or T-shirts during swimming programs due to extended periods out of the pool. This is a strong recommendation of the Anti-Cancer Council. If they don't have a vest or T-shirt, they will not be able to swim.
- As part of OHS UV risk controls and role-modelling, all staff need to:
 - wear a sun protective hat (broad-brimmed, bucket or legionnaire), covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.
- Families and visitors will be strongly encouraged to follow the above OHS UV risk controls.
- Staff will incorporate programs on skin cancer education and prevention at the start of the year into the curriculum e.g. health program, SLIP, SLOP, SLAP, SEEK, SLIDE.
- There will be regular reinforcement of SunSmart behaviour in a positive way through newsletters and student and teacher activities.
- Students will be encouraged to use available areas of shade for outdoor activities.
- Replacement of trees and construction of shelters as appropriate to provide adequate shade will occur whenever necessary.
- SPF30 (or higher) broad-spectrum, water-resistant sunscreen will be available in the sick bay, between classrooms and with the P.E. specialist. Children will be reminded and actively encouraged to apply sunscreen at school. **Provision of sunscreen for students will be the responsibility of the parent / guardian.** Sunscreen is applied 20 minutes (where possible) before going outdoors and reapplied every two hours.
- Students will be encouraged to drink water from water bottles during the hot weather. Students are encouraged to keep their water bottles on their desks.
- On casual clothes days, parents are expected to provide suitable clothing for school wear – between mid-August and April 30th, no singlet tops, shoestring straps or halter tops are appropriate to ensure full protection from the sun (no thongs at any time). Students wearing inappropriate clothing in the hot weather will be restricted to the shaded lunch area during recess and lunchtime.
- On extreme weather days, arrangements will be made to accommodate students inside during break times.