

Sun Protection and Hot Weather Policy and Procedures

This procedure is applicable to: Paringa Park Primary School Community.

Document control

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Revision Record

| Date | Version | Revision description |
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| 12/8/19 | 2 | Minor Revisions to wording to be SunSmart compliant per Cancer Council recommendations |
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1. Title

Paringa Park Primary School Sun Protection and Hot Weather Policy.

2. Purpose

To make explicit the expectations for children, staff and parents regarding sun protection for children during school hours.

3. Scope

This policy identifies the rationale behind sun protection for children and the procedures implemented in accordance with the Cancer Council SA SunSmart guidelines.

4. Objectives

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

This Sun Protection policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- ensure all students and staff have some UV exposure for vitamin D
- assist students to be responsible for their own sun protection
- ensure that families and new staff are informed of the school's Sun Protection policy.

Staff are encouraged to access the daily local sun protection times to assist with the implementation of this policy. The school uses a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4, and whenever UV levels reach 3 and above at other times. The UV reading will be monitored via the Cancer Council SunSmart widget on the Sentral dashboard and on the school website.

5. Procedure detail

Clothing

Sun protective clothing is included in the school uniform/dress code. The clothing is cool, loose fitting and made of closely woven fabric. The dress code policy includes rash tops or t-shirts for outdoor swimming/water activities.

Sunscreen

- Children must provide their own SPF 30 or higher broad spectrum, water resistant sunscreen
- Children are to apply sunscreen at least twenty minutes before going outdoors and reapplied every two hours.
- Staff are encouraged to put strategies in place to remind children to apply sunscreen before going outdoors.
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or paediatrician.

Hats

During terms 1, 3 and 4 and whenever the UV radiation levels reach 3 or above, all children are required to wear hats that protect their face, neck and ears e.g. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not acceptable.

Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The environment committee ensures that there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the governing council, shade provision is considered in plans for future buildings and grounds.
- Care is taken during the peak UV radiation times and outdoor activities are scheduled outside of these times or in the shade where possible.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

Sunglasses [optional]

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067:2016 (Sunglasses: lens category 2, 3 or 4) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff are encouraged to:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

Curriculum

- Programs on skin cancer prevention are included in the curriculum.
- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, and in the Parent Information Handbook.

Hot Weather

When the temperature is 37°C or higher children will be supervised inside at lunch time and at recess time they are to stay in the shade. Outdoor education activities will be cancelled. For outside sporting activities, including school sports and vigorous PE lessons, the temperature limit is reduced to 35°C. For swimming lessons, when the temperature is 37°C or higher aquatic activities may still take place in the water. When the temperature is 35°C - 37°C children will be instructed to play in the shade and to avoid vigorous play. Temperature data will be accessed from the Bureau of Meteorology (BOM) website and communicated to all staff by leadership or front office staff.

6. Roles and responsibilities

| Party / parties | Roles and responsibilities |
|-----------------|--|
| Parents | <ul style="list-style-type: none">• Provide children with sunscreen |
| Children | <ul style="list-style-type: none">• Wear sun protective clothing including hats in terms 1,3 & 4 |
| Staff | <ul style="list-style-type: none">• to model sun smart behaviours• to follow through with non-compliance issues• remind children to reapply sunscreen• implement hot weather procedures as required• to check the UV reading daily via Sentral dashboard |

7. Monitoring, evaluation and review

This policy will be reviewed bi-annually or as required by the dress code subcommittee and changes ratified by governing council.

8. Definitions and abbreviations

| Term | Meaning |
|------|---------|
| | |

9. Associated documents

10. References

[Inclement Weather](#)
[Cancer Council SA](#)