Sun Safety Policy ELC-12

Purpose: Ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage, and skin cancer. Australia has the highest incidence of skin cancer in the world, with two in three Australians developing some form of skin cancer during their lifetime. Over-exposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

Relevant to: All ELC-12 staff and students and other members of the KRB community.

Responsible Officer: The Principal

Date of Introduction: June 2012

Date of Review: June 2013, June 2016

The Goals of the Sun Safety Plan at Kincoppal-Rose Bay School are to:
- Increase student and community awareness about skin cancer and sun protection.
- Encourage the entire school community to use a combination of sun protection measures.
- Work towards a safe school environment that provides shade for students, staff and the school community.
- Assist students to be responsible for their own sun protection.

Our Sun Safety Plan is:
Our sun safety plan is implemented all year. Particular care is needed from the beginning of August until the end of May during the peak UV times of 10am to 2pm (11am to 3pm daylight saving time).

Students and staff are encouraged to protect their skin by:

- Reducing their exposure to the sun, wherever possible. We will endeavour to schedule outdoor activities (sport and physical education lessons) to take place in the shade or indoor areas. We will consider sun protection when planning all outdoor events e.g. assemblies, camps, excursions, and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.
- Wearing hats in the playground to protect the face, neck and ears, and playing in shaded areas. The School has a ‘no hat, play in the shade’ approach. Students who forget their hat will only be allowed to play or sit in a shaded area during recess and lunch periods.

- The availability of shade is considered when planning excursions and all other outdoor activities. Students are encouraged to use available areas of shade when outside.

- Wearing School hats (broad-brimmed) for all outdoor activities and to and from School.

- Wearing clothing (closely woven fabric) with collars and sleeves to provide maximum sun protection.

- Remaining in the shade whenever possible, particularly during peak UV times.

- Participating in sun protection activities.

- Using 30+ broad-spectrum water resistant sunscreen, as an adjunct to other sun protection measures. In the Junior School each class, staffroom and first aid bag has sunscreen for use by children and staff. In the Senior School, sunscreen is available from Student Reception.

Sun safety is also important outside of school. Whether in the backyard or on the beach, children should wear a hat and sunscreen. By practising sun safety at home, parents and caregivers can help teachers to enforce sun safety rules in school.

Children will come to appreciate the importance of sun protection not only during their schooling, but also throughout their life.

Sunscreens should be applied before going outside and re-applied every two hours when outside for longer periods of time and more frequently if swimming or perspiring.

Teachers are encouraged to include sun protection principles in teaching programs across all year levels, ie integration with PD/H/PE.

Sun protection information is regularly promoted to the whole school community through newsletters, parent meetings, staff meetings and school assemblies.

Families and visitors are encouraged to use a combination of sun protection measures (sun safe clothing and hats, sunscreen and sunglasses) when participating in and attending outdoor activities.

**Extreme Heat**
Junior School: Follow wet weather plan and roster. Students will remain indoors.
Senior School: Students will remain indoors during recess and lunch and have access to an air conditioned room.

*(Adapted with the assistance of the Cancer Council NSW SunSmart Primary School Program)*