



Flinders View Primary School Skin Protection Policy

RATIONALE

Australia has one of the highest incidences 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 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and 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 and it is during these months that sun protection is necessary.

Cancer Council SA and the Department for Education and Child Development (DECD) recommend that a skin protection policy be in place from 1 August until 30 April (Terms 1, 3 and 4) when UV radiation levels are 3 and above. It is highly recommended that UV radiation levels are monitored, particularly during May if there is an all-day outdoor activity as it may be 3 or above. Cancer Council SA also recommends that particular care should be taken between 10 am – 3.00 pm, when the UV radiation levels are at their highest. It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During term 2, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

AIMS

The aim of the 'Flinders View Primary School Skin Protection Policy' is to promote amongst children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices 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 during terms 1, 3 and 4. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above. The purpose of the policy is to ensure that all members of our primary school are protected from skin damage caused by the harmful rays of the sun. It is an expectation that all staff, students and parents of Flinders View Primary School will use the following skin protection strategies:

1 Take particular care when in the sun between the hours of 10 am and 3 pm and if the ultraviolet radiation level is 3 (moderate) and above outside of these times.

1.1 Where possible outdoor activity sessions will be held in shaded areas.

1.2 Whenever possible all outdoor activities will be scheduled before 10 am and after 3 pm, conducted indoors or in the shaded areas of the school.



2 Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.

2.1 Tree planting will be organised at the school. 2.2 Play equipment areas have appropriate shade structures.

2.3 Further provision of shaded areas will appear as a priority on any forward planning documents for the school.

2.4 Students are encouraged to seek shade during break times

3 Wear appropriate clothing that protects the skin.

3.1 Students, staff and parents 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.

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 swimming outside.

3.3 Students at Flinders View Primary School will be instructed to wear clothing that protects the skin (no singlet or midriff tops) and appropriate hats (no baseball caps or visors).

4 Students will be encouraged to apply a broad spectrum water resistant sunscreen with an SPF of 30+ 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 perspiring.

4.1 Adequate time must be allowed for students to apply sunscreen before going outdoors.

4.2 Parents will be encouraged to supply sunscreen for their children, although there will be bulk sunscreen packs available in all classrooms.

5 Reinforcing the SunSmart message in all school activities and in general school procedures is an important strategy in the adoption of skin protection behaviours.

5.1 Sor WHS staff will be required and parents are encouraged to routinely role model appropriate SunSmart strategies when involved in outdoor 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 Cancer Council SA

5.4 Information about the school's SunSmart Policy will be given to all new staff, students and families.

6 The 'Flinders View Primary School Skin Protection Policy' will be reviewed on a two yearly basis with staff, SRC and Governing Council.

6.1 Policy issues will be discussed at staff, SRC and Governing Council meetings.