

# Skin Protection Policy

Australia has the highest incidence of skin cancer in the world, with two out of three people developing some form of skin cancer before the age of 70. There are three factors, often occurring simultaneously, which contribute to these statistics:

1. Ultraviolet light from the sun is sufficient intensity to damage the skin and induce skin cancer for most of the year in South Australia.
2. For most of this century, social values have supported the belief that a suntan is healthy and attractive.
3. Lifestyle, work, school and recreation habits expose people to the sun for long periods.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that sun exposure and sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin cancer is, therefore, preventable.

UV radiation from the sun causes skin damage. UV radiation levels can be extreme on a day of 21°C or a day of 40°C, depending on the time of year. While too much exposure to UV radiation will cause skin damage, too little can lead to Vitamin D deficiency. Vitamin D is important for the development of healthy bones, muscles and teeth.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection measures.

This policy is for implementation during terms 1, 3 and 4 and when the UV is 3 and above at other times.

## Purpose

The aims of “North Haven School Skin Protection Policy” are to promote among students, 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 schools to reduce the levels of exposure to the sun.
- a healthy balance between UV exposure and UV protection.

## Action

### 1. Avoid prolonged exposure in the direct sun

- 1.1 Lunch period is 45 minutes with students eating lunch in the classroom or in shaded area for 10 minutes before going outside.
- 1.2 Whenever possible, all outdoor activities will be scheduled outside of the peak UV times of the day, or conducted indoors or in the shaded areas of the school, if practical.
- 1.3 School assemblies are held in the hall.
- 1.4 School events such as concerts are scheduled at twilight if needed.

### 2. Consider UV radiation levels

- 2.1 Check the SunSmart UV Alert published daily on “The Advertiser” weather page or access the daily UV level prediction [www.bom.gov.au/weather/uv](http://www.bom.gov.au/weather/uv)
- 2.2 During the months of May to the end of July sun protection is not needed on the days when the UV level is below 3. It is not necessary to wear hats and sunscreen during term 2 when the UV is below 3.
- 2.3 Extra care is taken during the peak UV times of the day when UV radiation levels are at their peak.

### 3. Use of shade

- 3.1 Trees are planted where practical, to offer shade.
- 3.2 School will endeavour to supply portable shade for special outdoor events.
- 3.3 Students are encouraged to utilise existing shaded areas and further shaded areas will occur as school funds permit.

Action continued	<p><b>4. Wear appropriate clothing, which protects the skin</b></p> <p>4.1 Students will wear a broad brimmed (7.5cm brim) or legionnaire style hat during <i>Terms 1, 3 and 4 and when the UV level is 3 and above.</i></p> <p>4.2 Students will wear a broad brimmed (7.5cm brim) or legionnaire style hat whenever involved in outside school activities during <i>Terms 1, 3 and 4 and when the UV level is 3 and above.</i></p> <p>4.3 Students not wearing a hat must move to the courtyard.</p> <p>4.4 Classroom teachers will actively ensure all of their students have hats at school.</p> <p>4.5 Staff will wear hats on yard duty at all times.</p> <p>4.6 Students are expected to wear sun smart clothing, e.g. shirts with collars, t-shirts with sleeves (not capped) in accordance with dress code policy.</p> <p>4.7 Use of sunglasses is encouraged (not compulsory). Sunglasses category 2, 3 or 4.</p> <p>4.8 At any school event where casual clothes /bathers are permitted students must be wearing SunSmart clothing to ensure protection from skin damage.</p> <p><b>5. Use of broad spectrum SPF 30 +, broad spectrum, water resistant sunscreen</b></p> <p>5.1 Sunscreen Station placed in each classroom unit.</p> <p>5.2 Students will be encouraged to apply sunscreen before school in the morning, and 20 min before outdoor activities when the UV is 3 and above.</p> <p>5.3 Students will be encouraged to supply their own sunscreen, although there will be containers supplied in each unit at a sunscreen station.</p> <p>5.4 Students will be encouraged to reapply sunscreen every 2 hours if they are involved in outdoor activities.</p> <p>5.5 At any whole school event -conducted outdoors- teachers will supervise the application/ reapplication of sunscreen. Regular breaks need to be scheduled to accommodate the supervision (and support if needed) of sunblock application.</p> <p><b>6. Reinforcing the SunSmart message in classroom activities and in general school procedures</b></p> <p>6.1 Staff are required and parents are encouraged to role model appropriate SunSmart strategies in all school activities and relating to Dress Code policy when involved in outdoor activities at the school.</p> <p>6.2 Skin cancer prevention is included in all classroom curriculum.</p> <p>6.3 Include regular SunSmart articles in the school newsletter, particularly during terms 1, 3 and 4.</p> <p>6.4 New families and staff are made aware of the Sun Protection Policy.</p> <p><b>7. Consider Vitamin D requirements</b></p> <p>7.1 In term 2 where the UV Index is below 3 through most of the day, sun protection is not recommended. During these times, to support Vitamin D production it is recommended that students be outdoors in the middle of the day with some skin uncovered. Hats do not need to be worn at these times.</p> <p>7.2 Being physically active while outdoors will further assist with maintaining vitamin D levels.</p> <p>The school will review its Skin Protection Policy regularly (at least every 2 years) to ensure information remains current, relevant and to ensure North Haven School is meeting the standards needed to retain the Sun Smart status.</p>
Related Items	Hot Weather Policy Dress Code Policy Sunscreen Station
<b>Review</b>	Review - Term 3 2018