



# Mawson Primary School

## 莫森小学

# Sun UV Protection Guidelines

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### Related Policies and Regulations

- Uniform and dress standards Policy
- Health and PE Policy

### 1 Rationale

1.1 To protect students and staff as far as reasonably practicable from the dangers associated with over-exposure to the sun's ultraviolet radiation for all school activities (on and off site) all year round.

### 2 Reason for Sun Protection

2.1 This policy aims to protect students, as far as reasonably practicable, from the dangers associated with over-exposure to the sun's UV.

2.2 UV comes both from direct and indirect sunlight. UV is also reflected from surrounding surfaces such as water, sand, concrete and snow. High levels of radiation are received in wide open areas where there is no shade, such as school ovals, even on a cloudy day.

2.3 UV levels reach 3 and above in Canberra for part or most of each day between August and May which warrants sensible sun protection during this part of the year. In Canberra annual UV levels peak during the daylight saving/summer period between 11am and 3pm.

2.4 Due to low levels (under 3) of UV in Canberra during the winter months, Cancer Council ACT does not generally recommend sun UV protection in June and July. This is to reduce the risk of Vitamin D deficiency in the ACT region.

### 3 Purpose for Sun Protection Guidelines

Mawson Primary School Sun Protection Guidelines assist to:

3.1 Increase student and school community awareness of skin cancer and practical means of protection.

3.2 Develop strategies that encourage responsible decision-making about skin protection.

3.3 Encourage students and staff to wear protective clothing and hats for outdoor activities particularly at high risk times such as during outdoor sport, lunchtimes, and during school camps and trips.

3.4 Work towards a school environment which provides shade for students and staff.

## **4. National Sunsmart Message**

Mawson Primary School promotes the national sun protection message. This is:

1. SLIP on some sun-protective clothing
2. SLOP on some SPF 50+ sunscreen (broad spectrum, water resistant)
3. SLAP on a hat (that protects your face, head, neck and shoulders)
4. SEEK shade
5. SLIDE on some sun glasses

## **5. Hats and Clothing**

Common areas for sunburn to occur are around the head and face, arms and neck and shoulders.

5.2 Students are required to wear broad-rimmed, bucket hats. These are available for purchase from the school uniform supplier.

5.3 All hats need to be clearly labelled with the student's name.

5.4 Hats must be worn for all outside play whilst at school when UV levels reach 3 and above.

5.5 Swimming shirts or 'rashie' should be worn if participating in all day outdoor swimming carnivals.

5.6 Sunhat cords can become caught and become a strangulation risk for children playing on fixed playground equipment. When students are required to wear sun hats, school will not permit them to access fixed play equipment.

## **6. Information on Sunscreen use**

6.1 Sunscreen use is encouraged during term 1 and 4 when UV level reach 3 and above. Students have access to a broad spectrum sunscreen within their class and at the front office and in first aid kits.

6.2 Broad spectrum, water proof sunscreens with an SPF rating of 50+ should be used in particular on skin that cannot be protected by clothing- particularly the face, ears and neck and the backs of the hands and lower arms.

6.3 For maximum protection, apply sunscreen to clean, dry skin 20 minutes before going into the sun.

6.4 Re-apply sunscreen every two hours when remaining outdoors for extended periods of time.

6.5 Ensure that the "use by" date on sunscreens are current.

6.6 Students should supply their own sunscreen. Sunscreen is also available from the school sick bay area.

6.7 Sunscreen should always be used in combination with the other sun protection measure and not used to extend time in the sun.

## **7. Sunglasses**

7.1 If students wish to wear sunglasses, the following advice can assist in purchasing those that provide adequate protection from the sun.

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7.2 A wraparound, close fitting pair of sunglasses will offer the most protection.

7.3 Sunglasses should meet the Australian Standard for ultraviolet protection. These are labelled AS 1067 category 2, 3 or 4.

#### 8. School Curriculum

8.1 Sun protection education is included as part of the Health and PE curriculum in all year levels.

8.2 Cancer Council ACT provides additional educational material for schools and families.

8.3 Teachers are encouraged to access <http://www.actcancer.org> for curriculum ideas and resources.

#### 9. Environment

Mawson Primary School has several shaded areas for use during outside activities.

9.1 A number of large trees on both the lower and upper playground provide both shade and seating in the warmer months.

9.2 Covered walkways between buildings offer continuous shade.

9.3 A large shade covering has been installed on the senior equipment. We are reviewing the addition of shade covering for the newer equipment.

9.4 A number of new trees have been planted which will provide additional shade in future years.

9.5 Students are encouraged to seek out shaded areas when outside.

9.6 Families and visitors are encouraged to model positive SunSmart behaviours, including hat wearing when outdoors.

9.7 Teachers are encouraged to access the daily Sunsmart UV alert at

<http://www.bom.gov.au/act/forecasts/canberra.shtml>

#### 10. Rescheduling Outdoor Activities

At Mawson Primary School, consideration is given to minimising the time spent outdoors between 11am and 3pm (Daylight Saving Time). Extra care is taken when outside between 10am and 2pm (Eastern Standard Time).

10.1 Outdoor physical activities, excursions and outdoor classes should be held earlier in the day.

10.2 Assemblies are held indoors, or if outdoors, under shade or outside of peak ultraviolet periods.

10.3 During term 1 and term 4, students are kept indoors or under shade during eating time for 15 minutes.

## **11. Role Modelling**

All staff at Mawson Primary School are encouraged to be Sunsmart role models. Visitors to the school are also encouraged to adopt positive Sunsmart behaviour and attitudes.

11.1 Wearing appropriate hats, sun glasses and clothing outdoors, particularly on playground duty and during sporting and excursion activities.

11.2 Staff are encourage to access the daily Sunsmart UV alert to assist them with the implementation of sun protection behaviour.

11.3 Staff and ACTEDU are aware of their Work Place Health and Safety responsibilities and duty of care. Occupational UV exposure is a serious WHS hazard.

## **12. Maintaining Momentum**

Parents, staff and students could consider:

12.1 Reviewing ongoing guidelines

12.2 Promotional events

12.3 Awareness raising within the school

12.4 Ideas for inclusion in the curriculum

12.5 Raising finance for shade structures

## **13. Evaluation**

Ongoing annual evaluation could include:

13.1 Reviewing curriculum inclusions

13.2 Assessment of shade provision

13.3 Reviewing the Sunsmart behaviour of students and staff. Review and update the school's sun protection policy.

13.4 Positively promote the Sunsmart messages throughout the year to students, staff and parents.