



Sun Safety Policy

August 2006
September 2007
January 2009
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Updated January 2011

The Lakes College

Sun Safety Policy

Skin damage, including skin cancer is the result of cumulative exposure to the sun. Most skin damage and skin cancer is therefore preventable. Recognising that Ultraviolet Radiation levels are highest during school hours, The Lakes College realises the need to protect children's skin and educate them about sun safe behaviour, thereby reducing the risk.

The purpose of these guidelines is to ensure that all children, parents and staff at The Lakes College are aware of the dangers of excess sun exposure, use the appropriate sun safety measures made available to them during their time at school and are protected from exposure to the harmful effects of the sun. This policy will apply throughout the year.

Objectives

- To provide ongoing education that develops sun safe behaviour.
- To provide an environment that supports sun safe behaviour.
- To create an awareness of the need to schedule outdoor activities to incorporate sun safe practices.

Guidelines for School Staff

School staff will be encouraged to:

- Inform parents of the school's Sun Safety Guidelines when they enrol their child.
- Include the Sun Safety Guidelines in the Staff Induction Folder and ensure new, part-time and casual staff are aware of the document.
- Increase the amount of shade in the school grounds by building shelters and planting trees where possible.
- Incorporate education programs that focus on sun protection into the school curriculum.
- Encourage all teachers and staff as well as volunteers to act as positive role models for children in all aspects of sun safe behaviour.
- Seek ongoing support from parents and the school community for the sun safety guidelines and its implementation through newsletter items, parent meetings, health promotion activities etc.
- Ensure that all students and staff wear hats that protect the face, neck and ears and SPF 30+ broad spectrum, water-resistant sunscreen applied when involved in outdoor activities.
- For events such as Carnivals, adequate shade areas must be provided; students must wear hats and sunscreen and meal breaks are taken under covered areas
- Review the school and sport uniforms to ensure it includes all the elements of sun safe clothing.
- Ensure that whenever practicable outdoor activities take place before 10:00am or under covered areas.
- Review the Sun Safety Guidelines annually.
- Highlight to parents and carers the need for sun safety via information on sun protection

- Strategies in the school newsletter and signage around the school.

Guidelines for Parents

Parents/carers will be encouraged to:

- Supply a college hat for their child to be worn at school and ensure that they wear it to and from school. (The Queensland Cancer fund recommends an 8-10cm broad-brimmed or legionnaire style hat)
- Apply SPF 30+ sunscreen to their child before leaving for school
- Supply sunscreen at school if their child has a skin allergy or sensitivity to any sunscreen preparations.
- Act as positive role models by practising sun safe behaviour.
- Support the school's Sun Safety Guidelines and help to regularly assess and update the policy.

Guidelines for Students

Students will be encouraged to:

- Learn to take responsibility for sun safety at an appropriate developmental level.
- Follow Sun Safe rules by wearing suitable hats, sunscreen and appropriate clothing. No hat no play outdoors.
- Wear sun safe hats for all outings.
- Not share hats.
- Apply or have applied SPF 30+ broad spectrum, water resistant sunscreen before going outdoors.
- Use shaded or covered areas to play during the hottest times of the day.
- Wear sunscreen, a brimmed cap under a helmet, sleeves and collared shirts for activities such as bike riding.
- Act as positive role models for other students.
- Participate in Sun Safety educational programs.

Management of sporting and outdoor activities during hot conditions is an important consideration for school planning and management.

The Lakes College has adopted the Queensland Heatwave Response Plan.

Responsibilities

The Principal will:

- Ensure that teachers modify or suspend normal school activities during excessive heat
- Postpone any outdoor or sporting activities where appropriate as outlined in guidelines (Appendix A)
- Increase access to the coolest areas of the school grounds or facilities for lessons or other activities
- Ensure students with special needs (including specific medical conditions and multiple impairments) are appropriately supervised, including the monitoring of their hydration
- Facilitate and encourage students to drink plenty of water and to stay out of the sun
- Undertake normal first aid procedures in the event of a student or staff becoming heat stressed including parents or caregivers being contacted and arrangements made for students to be collected (as in any other case of injury or illness)
- Prepare a communication strategy for the school community when it is decided that the College falls within the *Extreme Heat Warning Zone* (a heatwave is imminent).

POLICY RELEASE DETAILS

Date of Policy

August 2010

Updated January 2011

Approved by

The Lakes College Board

Chairman

Date

Review Date:

Annually, in consultation with students, staff and parents

Related Policies and Documents:

Guidelines

What to drink

- Queensland Health recommends that during hot weather, water (room temperature or slightly cool rather than very cold) is the best fluid to drink
- Drinks containing caffeine (tea, coffee, cola and some "energy" drinks) as well as drinks containing excessive sugar (soft drinks, colas, some "energy" and "sports" drinks) should be limited or avoided altogether.

Health Effects of Excessive Heat

- Heat-related conditions cover a wide range of diseases ranging from swelling of hands and feet, prickly heat occurring in unacclimatised people and heat cramps, through to heat exhaustion, to the more severe and potentially fatal heatstroke.

Symptoms of Heat Stress

- Symptoms of more severe heat stress include malaise, headache, rapid pulse, nausea and vomiting.
- People with heat stroke usually have core body temperatures above 39 degrees Celsius and an altered mental state such as confusion, lethargy or agitation. Seizures and coma can follow.

Playing and Exercising Safely in hot weather

- In any sporting or outdoor activity, the risk of heat stress increases with increasing air temperature. This is the case for both sporting participants as well as umpires, officials and volunteers.
- Factors which need to be taken into account before considering cancelling or postponing a sporting event include but are not limited to:
 - The temperature — both ambient and relative humidity
 - The duration and intensity of the event (for example, an endurance or distance event has more potential for problems than a stop-start team event)
 - Hydration and interchange opportunities
 - Time of day
 - Local environment
 - Acclimatisation of the participants (for example, students visiting from hot, dry climates may not cope well with hot, humid conditions of some northern, coastal regions)
 - Fitness levels of participants
 - Age and gender of participants.
- If the ambient temperature is between 31 and 35 degrees Celsius and the relative humidity is over 30%, planned vigorous, sustained activity may be limited in intensity or duration to less than 60 minutes per session.
- If the ambient temperature is over 36 degrees Celsius and the relative humidity is over 25%, planned vigorous, sustained activity may be postponed to a cooler part of the day or even cancelled.