

Loxton Lutheran School

UV PROTECTION POLICY

RATIONALE

Australia has one of the highest incidences of skin cancer in the world with two in three people developing some form of skin cancer before the age of 70.

UV radiation from the sun causes skin damage. UV radiation cannot be seen or felt but is determined by the angle of the sun to the earth's surface. UV radiation levels peak over the middle of the day when the sun is directly overhead. UV radiation levels can be extreme on a day of 21°C or a day of 40°C, depending on the time of year.

A UV radiation level of 3 is high enough to cause skin damage to unprotected skin therefore it is important to protect skin when the UV radiation level is 3 and above. The higher the UV radiation level – the greater the potential for damage to skin.

Nearly all skin cancer is the result of overexposure to the sun, with childhood and adolescent exposure being a major cause.

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.

To ensure a healthy balance between UV exposure and UV protection, it is recommended that skin is protected when the UV level is 3 and above. For much of South Australia, this is from the beginning of September to the end of April and at any other time the UV reaches 3 and above.

During the months of May to August sun protection is not needed on the days when the UV level is below 3.

AIMS

The aims of the UV Protection Policy are to:

- increase the school community's awareness of skin cancer and the importance of skin protection
- increase the school community's awareness of the importance of a healthy balance between UV exposure and UV protection
- encourage the use of a combination of sun protection strategies which will lower the risk of skin damage and skin cancer
- encourage children's personal responsibility for and decision making about skin protection
- increase awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.

Loxton Lutheran School will ensure our staff and students use a combination of sun protection strategies everyday from 1 September – 30 April and at any other time when the UV level is 3 and above by:

1. Considering UV radiation levels when planning any outdoor activities

- extra care is taken between 10am and 3pm when UV radiation levels are at their peak
- assemblies, fire drills, sports days and excursions are planned earlier in the morning or later in the afternoon or at an indoor venue
- sports day is planned during May - August when UV radiation levels are lower

2. Using shade outdoors as much as possible

- ensure there is sufficient shade (trees and shelters) available in the school yard, particularly where children congregate (sandpit, canteen, play areas) and/or are involved in passive activities (outdoor education, lunch)
- encourage children to use shaded areas as much as possible
- consider shade when planning any outdoor activity such as excursions, sporting carnivals, class parties
- include shade provision as part of the school development plan.

3. Including sun protective styles of clothing as part of our school uniform

- using closely woven fabrics
- shirts with collars and at least elbow length sleeves
- longer style shorts, skirts, dresses
- encourage the wearing of rash tops for outdoor swimming activities.

4. Requiring students and staff to wear a hat outdoors that protects the face, neck and ears when outdoors

- a broad-brimmed bucket hat with a brim width of no less than 7.5cm will be the official school hat

5. Supplying and actively encouraging the application of SPF 30+ broad spectrum sunscreen before outdoor activities

- allocating time for application of sunscreen before outdoor lessons/activities.
- reminding students to apply sunscreen before going outdoor for breaks - particularly at lunchtime
- reapplication every two hours if outdoor for longer periods of time (excursions, sports activities)

6. Considering the wearing of sunglasses

- children and staff may be encouraged to wear close fitting, wraparound style sunglasses that meet the Australian standard 1067

7. Reinforcing the SunSmart message in all school activities

- skin cancer prevention education is included in the curriculum across all year levels
- SunSmart message is reinforced at school assemblies, in newsletters, permission notes, school website, staff, School Parliament, School Council meetings

8. Role modelling

- staff and parents are to be role models for students by wearing sun protective clothing, hats and sunscreen, and using shade as much as possible when outdoors.

9. Reviewing policy every two years

- to ensure policy and practises are up to date and relevant to our school community the UV Protection Policy will be reviewed and discussed at staff meetings, School Parliament and School Council meetings and changes made where necessary.

Adopted by LLS School Council on: 31st May 2011

This policy will be reviewed in 2014

Based on information provided by Cancer Council SA

Implementation Guidelines

Staff will consider UV radiation levels when planning any outdoor activities by:

- arranging outdoor assemblies and fire drills out of peak UV times
- shortening lunchtimes and having a longer morning break if there is no possibility of remaining indoors during lunch times
- scheduling outdoor swimming lessons early in the morning, where possible, to avoid having students exposed in peak UV times
- alternating classes involved in outdoor swimming lessons, where possible, to avoid having the same class in peak UV for the duration of the swimming schedule
- checking the UV index which is found on the home page of the school's website

Use shade outdoors as much as possible. We will:

- evaluate use of current shaded areas and areas where students congregate at peak UV radiation periods, particularly lunchtimes
- undertake a shade audit every two years to ensure all shade possibilities are explored and shade is planned for
- consider the purchase of portable shade for use in school lessons, special events and school sport
- make it a requirement that students use shaded areas while waiting to participate in activities during sports and physical education lessons
- provide shade (tents/umbrellas) for sports lessons and outdoor events
- ensure that competitors' marshalling areas are shaded throughout sports carnivals
- provide shade options for students and staff on excursions and camps
- ensure shade is available for breaks on outdoor excursions

Include sun protective styles of clothing as part of our school uniform. We will:

- ensure hats and sun protective clothing is required as part of the uniform
- encourage staff to act as positive role models by wearing appropriate clothing when outside
- ensure the design of clothing currently worn at school, including that used for physical education/sports, provides adequate protection from UV radiation (longer sleeves, collared shirts, long shorts/skirts/dresses)
- ensure that the uniform committee consider any future changes to uniform to be consistent with this policy. Students may be included with the discussion about style options

Require students and staff to wear a hat that protects the face, neck and ears when outdoors. We will:

- ensure a bucket hat with a brim width of no less than 7.5cm is part of uniform
- encourage staff to act as positive role models by wearing an appropriate hat when outside
- make the wearing of a bucket hat mandatory 1 September – 30 April
- students will be encouraged to keep their hats at school throughout the year so that if the UV is above 3 they are able to wear them

Supply and actively encourage the application of SPF 30+ broad spectrum sunscreen before outdoor activities. We will:

- educate the school community about the correct use of sunscreen and the level of protection it provides
- encourage students to apply sunscreen, particularly before the lunch break
- provide sunscreen in every classroom
- allow class time for students to apply sunscreen
- incorporate the application of sunscreen into the lunch time and physical/outdoor education routine (children apply sunscreen, wash hands, eat lunch)
- consider the different types of sunscreen available and discuss preferences with students (i.e. alcohol based sunscreen is less greasy but may not be suitable for the majority)

Allow the wearing of sunglasses. We will:

- discuss eye protection and safety implications with staff, parents and students
- source wraparound-style sunglasses with an EPF10 for maximum protection

Reinforce the SunSmart message in all school activities. We will:

- incorporate lessons on skin protection at all year levels
- reinforce skin protection strategies through role modelling
- conduct a UV risk assessment for staff and students
- include a regular SunSmart article in the schools newsletter, particularly between September and April
- insist that staff role model the message on a daily basis
- include skin protection messages at school assemblies
- conduct a 'SunSmart Day' each year to raise awareness in school community
- consider booking a speaker from Cancer Council SA to talk to staff and parents about skin cancer prevention.

Monitoring the policy

- the policy will be reviewed every two years
- the Cancer Council SA will be contacted annually to ensure that up to date information is maintained in relation to resources and policy information