

## Two Rocks PS Sun Protection Policy

### **Rationale**

Australia has the highest rate of skin cancer in the world. Research indicates that childhood and adolescent sun exposure is an important contributing factor to the development of skin cancer. As students are at school during times when UV radiation levels are highest, schools play a major role in minimising student's UV exposure.

Our sun protection policy has been adopted to ensure that all staff and students attending Two Rocks Primary School are protected from skin damage caused by UV radiation from the sun. This policy is to be implemented throughout the year, but a particular emphasis from the beginning of September through to the end of May. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps. The policy has been developed in consultation with the whole school community.

### **Our Commitment**

Two Rocks will:

- Inform parents of this sun protection policy when they enrol their child / children
- Brief all new staff on the sun protection policy.
- Promote sun protection via newsletters, assemblies, daily messages, whole school activities and parent meetings.
- Require staff to wear the school board brimmed navy hat for outdoor activities, including yard duty.
- Encourage parents and guests to wear the school board brimmed navy hat when participating and attending outdoor school activities.
- Require students to wear when outside
- Direct students without the school board brimmed navy hats to stay in an area that is protected from the sun.
- Require students to wear the school board brimmed navy hat, protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission slips.
- Require staff and students to wear a swim top for swimming ( this may not be appropriate during competitive swimming)
- Review the school dress code to include sun protection items such as shirts with collars and longer sleeves, and swim tops for swimming.
- Ensure there is adequate provision of shade within the school grounds for students and staff, by planting trees and building shade structures. Particularly in areas where students congregate eg. Lunch, canteen, outdoor lesson areas.
- Encourage staff and students to use shaded or covered areas when outside.
- Ensure that adequate shade is provided at sporting carnivals and outdoor events.
- Timetable as many outdoor activities – including assemblies, sport and physical education - before 10am and after 3pm. When this is not possible activities should be scheduled as far from 12 noon as possible.

- Encourage the use of SPF 30+ broad – spectrum, water – resistant sunscreen by:
  - Listing sunscreen as an item students are required to buy for the school year.
  - Providing sunscreen in the classroom
  - Allowing students time to apply sunscreen 20 minutes prior to outdoor activities eg. Prior to school, before lunch, PE lessons, sports carnivals, excursions etc.
- Incorporate sun protection and skin cancer awareness programs into the appropriate Key Learning Areas of the school curriculum.
- Review the sun protection policy annually
- Cancel all outdoor activities when the temperature reaches 37 degrees and above.

## Our Expectations

### *Parents / Carers will:*

- Ensure your child / children has the school board brimmed navy hat and wears it when at school. As recommended by The WA Cancer Council.

Ensure that your child / children's hat clothing provides adequate protection from UV radiation. The Cancer Council WA recommends the following:

- Collars and sleeves
- Closely woven fabric
- Natural Fibre
- Swim tops for swimming

Ensure that your child / children has access to SPF 30+ broad – spectrum, water resistant sunscreen before leaving for school.

Act as positive role models by practising Sun Smart behaviour

Support the school's sun protection policy and help design and regularly update the policy.

### *Students will:*

- Be aware of the school's sun protection policy
- Take responsibility for their health by being Sun Smart
- Comply with Sun Smart rules and guidelines by wearing suitable hats and clothing
- Comply with SPF30+ broad – spectrum, water – resistant sunscreen 20 minutes before going outdoors.
- Use shaded covered areas outdoors
- Act as positive role models for other students in all aspects of Sun Smart behaviour.
- Be actively involved in initiatives to protect the school community from over – exposure to the sun.