

SUN SMART UV RADIATION WEATHER POLICY

RATIONALE

In Australia, at least two out of three people are diagnosed with skin cancer in their lifetime. Melanoma is the most common cancer in Australians aged 12-24 years, and sun exposure during childhood and adolescence is a critical factor in determining future skin cancer risk.

UV radiation cannot be seen or felt, and differs from infrared radiation, that we feel as heat. UV levels are determined by a number of factors including angle of earth to the sun, but not temperature, and UV levels can be high even on cool and cloudy days. Damage from UV radiation is cumulative and irreversible.

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer.

Too little UV radiation from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health. Sensible sun protection whenever UV is 3 and above does not put people at risk of vitamin D deficiency.

- 1) Students need to be supported by staff to assist and ensure appropriate protection from
 - a) Overexposure to the sun's UV rays.
 - b) Extremes of temperature and weather conditions in hot or wet weather
- 2) Students and staff have a right to be protected from the sun/ rain when on the school grounds.
- 3) Students need to be encouraged and given the opportunity to take responsibility for their own safety and health by wearing hats, wearing sunscreen, wearing protective clothing, drinking water and staying indoors during hot and/ or wet weather.

ULTRAVIOLET (UV) RADIATION PROCEDURES

A combination of sun protection procedures are to be used **during terms 1, 3 and 4**, and whenever the UV is 3 and above at other times, as outlined below.

When the UV is **below 3**, sun protection is not necessary for vitamin D. Depending on school activities, i.e. all day outdoor activities, staff and students are encouraged to check the UV in May and implement sun protection when the UV is 3 and above. Staff and students are encouraged to check the UV daily via www.bom.gov.au/sa/uv or the SunSmart app to assist with the implementation of this policy.

This policy applies to all school events on and off site.

- 1) Wide brimmed or legionnaire hats will be expected to be worn during Terms 1, 3 and 4 when outdoors, after 8.55am
- 2) Teachers will regularly discuss and reinforce responsible behaviour and self-protection from the effects of the sun as part of the Health and Physical Education curriculum and through regular classroom discussions, assemblies and regular school and classroom newsletters.
- 3) Sun protective clothing is to be worn by both students and teachers - eg. Broad brimmed or legionnaire hats, shirts with collars and longer style sleeves that cover shoulders, longer style shorts/ skirts, acceptable footwear; no thongs, heels, uggs etc. No hat, in terms 1, 3 and 4, or unacceptable clothing or footwear means that students must go either to the Library (when available), Pavilion & YANA club (when available) during lunch and to the Pavilion area during recess and can play.

- 4) Where practical, students are encouraged to wear close fitting wraparound sunglasses that provide the best protection against ocular UV damage. Sunglasses should meet Australian Standard AS/NZS 1067 (lens category 2,3 or 4)
- 5) SPF 30 or higher, broad spectrum, water resistant sunscreen is available in all classrooms and students are to apply it 20 mins before going outdoors, and reapply every 2 hours if remaining outdoors. Sunscreen is also applied before and after swimming lessons.
- 6) Families are encouraged to apply sunscreen to their children before or upon arriving at the school.
- 7) Teachers are encouraged to remain indoors with students when teaching during peak UV periods where possible, or conduct outdoor activities in shaded areas. Lunch can be eaten indoors or in shaded areas.
- 8) Parents will be encouraged to wear hats when on school grounds and on school excursions to assist in the promotion of responsible behaviour and self-protection from the effects of the sun.
- 9) A combination of sun protection measures (including shade) are considered when planning outdoor activities and excursions and students are encouraged to seek shade during break and leisure times.
- 10) For WH&S and role modelling, staff will wear a sun protective hat and clothing, sunglasses, sunscreen and seeking shade when outdoors.
- 11) Students not wearing sun protective clothing and hats are required to play in an area protected from the sun if spare protective clothing cannot be provided.

HOT WEATHER PROCEDURES

1. When the forecast temperature is 38C or above, students play in the shade at lunch and stay indoors at recess time. An alternative classroom duty roster to release teachers is displayed in the staffroom.
2. Students may be dismissed at 12.30pm on days when the forecast maximum is 38°C or higher, particularly when this is for consecutive days. Under no circumstances will we consider allowing any children to walk or ride their bikes home at that hour of the day. Students can only go home early if being collected by a parent or authorised caregiver.
3. On days where there is a strong wind, play on the oval and near trees will be banned. The Leadership Team are to decide on indoor eating and play. Three short blasts of a bell will ring to alert staff and students to remain or return to classrooms for indoor eating and play.
4. Additional shelter areas will be available for student use during outside play times. These are the amphitheatre shade areas, Pavilion, Resource Centre and Multipurpose room/YANA club.
5. Teachers will encourage students to drink water to keep hydrated and to play in the shade when playing outdoors.
6. Teachers on duty will actively discourage vigorous games from being played during hot weather.
7. Parents will be encouraged to wear hats when on school grounds and on school excursions to assist in the promotion of responsible behaviour and self-protection from the effects of the sun.

WET WEATHER PROCEDURES

- 1) If it is raining outside prior to play, three short blasts of a bell will ring to alert staff and students to remain in classrooms for indoor eating and play. An alternative classroom duty roster to release teachers is displayed in the staffroom. If rain begins during outdoor play times, three short blasts of a bell will ring to alert staff and students to return to classrooms for indoor eating and play.

- 2) If the rain stops during indoor eating play times, one short blast of a bell will ring to permit outdoor eating and play and allow teachers to attend their duty.
- 3) On days where there is a strong wind and/ or rain, three short blasts of a bell will ring to alert staff and students to remain in their classrooms for indoor eating and play.

MONITORING, COMMUNICATION AND EVALUATION

- 4) Teachers are to monitor that students are following the Berri Primary School Weather Policy and are wearing hats outside, during terms 1, 3 and 4, and the appropriate sun protective clothing to protect themselves from the effects of the sun. No hat, in terms 1, 3 and 4, or unacceptable clothing or footwear means that students must go either to the Library (when available), Pavilion & YANA club (when available) during lunch and to the Pavilion area during recess and can play.
- 5) Teachers on duty are to monitor that students are returning to classrooms for indoor eating and play if three blasts of the bell are heard when playing outside.
- 6) The UV radiation and weather policy will be communicated to all new staff and families, and will be reinforced through assemblies, newsletters and other forms of communication.
- 7) The Berri Primary School Weather Policy will be reviewed by the staff, students and Governing Council members of Berri Primary School every 3 years.