



East Adelaide School Sun Smart Guidelines

Rationale

Australia has the highest incidence of skin cancer in the world with two out of every three people developing some form of skin cancer before they are 70.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

Cancer Council SA advises people to protect their skin at times when the ultraviolet (UV) radiation level is 3 and above – this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above every day from 1st August to 30 April.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. Most people get enough vitamin D when the UV radiation level is below 3.

Aims

The aims of the East Adelaide Sun Smart Guidelines are to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices that can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- Awareness of the need for environmental changes in our school to reduce the level of exposure to the sun.

Implementation

The Sun Smart Guideline is for implementation during terms 1,2,3 and 4. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above.

The purpose of the guideline is to ensure that all members of our school, including Out of School Hours Care (OSHC) programs, are protected from skin damage caused by the harmful rays of the sun.

It is an expectation that all staff, students and parents of East Adelaide School, inclusive of the Out of School Hours Care Program (where applicable) will use the following skin protection strategies:

1. Take particular care if in the sun during peak times of the day and when the ultraviolet radiation level is 3 (moderate) and above, outside of these times.

1.1 Where possible, outdoor activity sessions will be held in shaded areas.

1.2 Whenever possible, all outdoor activities, including Vacation Care programs (where applicable), will be scheduled before 10 am and after 3 pm, conducted indoors, or in shaded areas.

2. Use the shade of trees, pergolas, umbrellas and tents whenever outdoors.

2.1 The play equipment in Yard B to be a priority for shade structure planning.

2.2 The further provision of shaded areas to be considered in any forward planning documents for the school.

2.3 Students are encouraged to use shaded areas during break times.

2.4 Shade is considered when planning outdoor events and activities.

3. Wear appropriate clothing that protects the skin all year round.

3.1 Students will be expected to wear an East Adelaide School approved broad brimmed hat, legionnaire style hat, or a bucket hat whenever they are involved in outside activities during terms 1, 3 and 4. Students not wearing an appropriate hat will stay in the designated shade area during play periods.

3.2 Staff [and parents, when involved in school activities] will be encouraged to wear appropriate hats.

3.3 Students will be encouraged to wear appropriate school dress code including polo tops with collars and longer style sleeves and they are expected to wear rashie vests or t-shirts for swimming, if using an outdoor pool. This will be advertised in the letters that are sent home with a reminder in the school newsletter.

3.4 Students attending Vacation Care programs at the school will be instructed to wear clothing that protects the skin including tops with collars or higher necklines and longer style sleeves (no singlet or midriff tops) and appropriate hats (no baseball caps or visors). Parents are to be advised of this prior to the program commencing.

3.5 On casual dress days students are expected to wear sun smart clothing and appropriate hats. This will be advertised in the school newsletter prior to the end of each term.

4. Students will be encouraged to apply a broad-spectrum, water resistant sunscreen with an SPF of 30+, to clean, dry skin, 15 - 20 minutes before going outdoors for lunch or curriculum activities. Sunscreen should be reapplied every two hours if outdoors for a prolonged period of time (i.e. sports days, excursions, camps), or more frequently if involved in water activities or if perspiring.

4.1 Adequate time must be allowed for students to apply sunscreen before going outdoors.

4.2 Parents will be encouraged to supply sunscreen for their children.

4.3 The school will supply bulk sunscreen for outdoor events and students will be encouraged to apply it at regular intervals.

5. Reinforcing the SunSmart message in all school activities and in general school procedures is an important strategy in the adoption of the skin protection behaviours.

5.1 Staff will be encouraged to routinely role model appropriate SunSmart strategies in all school activities for Work, Health and Safety including hats, sun protective clothing, sunglasses, seeking shade and wearing sunscreen.

5.2 Appropriate skin cancer prevention lessons with relevant up to date information will be included in the curriculum.

5.3 Information relating to the school's SunSmart Guidelines will be provided to all new staff, students and families.

6. Before and After School Care

Before School Care: sun protection during before school care is generally not needed as the UV radiation level is usually below 3 during this time. Educators are encouraged to check the UV radiation daily.

After School Care: Sun protection is recommended for after school care during terms 1,2,3 and 4.

7. The East Adelaide School Sun Smart Guidelines will be reviewed on a two yearly basis, or as needed, in accordance with the SunSmart Schools Program.