

# St Anthony's Catholic Primary School



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## SUN PROTECTION & EXTREME WEATHER POLICY

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2022

Review Date: 2024

Ratified by School Board: 19<sup>th</sup> September 2022

*This sun protection policy will be reviewed every 2 years to ensure that it is appropriate and relevant.*

### Mission Statement

Guided by our Catholic Identity and Mercy Tradition, St Anthony's Catholic Primary School strives to provide education of excellence. We promote positive attitudes through living in a community where respect, justice and faith are celebrated.

The Sun Protection + Extreme Weather policy is for the implementation of all weather conditions throughout the year.

## **SUN PROTECTION**

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Skin damage, including skin cancer, is the result of the cumulative exposure to harmful ultraviolet (UV) radiation. 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. Overexposure to UV radiation from the sun can cause skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature ageing. Therefore, incidence of skin damage and skin cancer can be prevented.

Schools can help by encouraging all members of the school community to take effective skin-protection measures.

Please note a separate Sun Protection policy for Occasional Care and OSHC is available.

## **AIMS**

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This sun protection policy has been developed to:

- encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above
- work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- assist students to be responsible for their own sun protection
- ensure families and new staff are informed of the school's sun protection policy.

The UV level is strong enough to damage the skin and eyes when it reaches 3 or higher. The UV radiation levels is completely independent of weather and temperature, so the latter should not be relied upon to guide the use of sun protection. UV can be just as damaging on a cool and cloudy day as it is on a day of 38°C. Damage from UV radiation is cumulative and irreversible. The school community is encouraged to access the daily sun protection times via the SunSmart app or the Bureau of Meteorology website to assist with the implementation of this policy.

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 when the UV is 3 and above does not put people at risk of vitamin D deficiency.

## **LEGISLATION**

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**Work Health and Safety Act 2012**

## IMPLEMENTATION

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Staff are encouraged to access the daily local sun protection times on the SunSmart app, [myuv.com.au](http://myuv.com.au) or the Bureau of Meteorology website <http://www.bom.gov.au/sa/uv> to assist with implementing this policy.

The school uses a combination of sun protection measures for all outdoor **activities during terms one, three and four (or 1 August to 30 April), and whenever UV levels reach 3 and above at other times.** A combination of sun protection measures are considered when planning outdoor events e.g. camps, excursions, sporting activities and swimming carnivals.

### 1. Uniform

Sun protective clothing is included in the school uniform/dress code and sports uniform. Your school's sports uniform includes the following SunSmart clothing:

- Shirts with collars
- Sun protective hats (bucket)
- Longer-style shorts/skirts
- Rash vests/t-shirts for outdoor swimming

Students who do not have appropriate sun protective clothing are provided with spare sun protective clothing.

### 2. Sunscreen

- Students must provide their own SPF 30 or higher broad-spectrum, water-resistant sunscreen and the school supplies SPF 30 or higher broad-spectrum, water-resistant sunscreen for staff and students' use.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if remaining outdoors.
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors and buddies).
- Families with children who have naturally very dark skin are encouraged to discuss their vitamin D requirements with their GP or pediatrician.

### 3. Hats

All students and staff are required to wear hats that protect their face, neck and ears whenever they are outside. All School Student SunSmart hats are Bucket hats (with a deep crown and at least 5cm brim for students and 6cm brim for adults)

Staff are able to wear other hat types that are acceptable that include:

- Broad-brimmed hats (at least 6cm brim for students and 7.5cm brim for adults)
- Legionnaire hats

We will provide spare SunSmart hats for outdoor activities as good practice. If students are not wearing a SunSmart hat, a 'no SunSmart hat – play in the shade' or allowing students to play indoors if there is inadequate shade available. Baseball or peak caps are not acceptable.

#### 4. Shade

- A shade audit is conducted regularly to determine the current availability and quality of shade.
- The school council ensures there is a sufficient number of shelters, portable shade structures and trees providing shade in the school grounds, particularly in areas where students congregate e.g. outdoor lesson areas and popular play areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- In consultation with the school council, shade provision is considered in plans for future buildings and grounds.
- Care is taken during the peak UV radiation times, and outdoor activities are scheduled outside of these times or in the shade where possible. Sports days and other outdoor events to be held during term 2 or earlier in the day where practical.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or clothing are asked to play in the shade or a suitable area protected from the sun.

#### 5. Sunglasses (optional)

Students and staff are encouraged to wear close fitting, wraparound sunglasses that meet the Australian Standard AS/NZS 1067.1:2016 (Sunglasses: lens category two, three or four) and cover as much of the eye area as possible. Novelty tinted glasses do not protect against UV radiation and are not recommended.

#### 6. Staff WHS and role modelling

As part of WHS UV risk controls and role modelling, when the UV is 3 and above staff will:

- wear sun protective hats, clothing and sunglasses when outside
- apply SPF 30 or higher broad-spectrum, water-resistant sunscreen
- seek shade whenever possible.

Families and visitors are encouraged to use a combination of sun protection measures e.g. sun protective clothing and hats, sunglasses, sunscreen and shade, when participating in and attending outdoor school activities.

#### 7. Curriculum

- Programs on skin cancer prevention are included in the curriculum for all year levels.
- SunSmart behavior is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and in student enrolment packs.

## EXTREME WEATHER POLICY

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1. On days of **38 degrees or above** (as forecast by the weather bureau), children will be instructed to remain inside their classroom with share supervision during lunch. This also includes extreme weather, such as freezing cold, wet and thunderstorms and when it is too dangerous for students to go outside. See Appendix 1 Extreme Weather - Shared Supervision, Link: [..\Wet Weather\Extreme Weather shared supervision.docx](#)
2. At Recess time, students will play under the verandah with yard duty teachers to supervise.
3. Physical Education lessons will take place before Lunch or held in the gym.

## WET WEATHER PROCEDURE

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See Appendix 2 – Wet Weather Procedure Link: [..\Wet Weather\WET WEATHER PROCEDURE.docx](#)

Appendix 3 – Cancer Council SA, Sun Protection checklist for OSHC and Vacation Care Services

Link: [SS\\_OSHC\\_SunProtection\\_Policy\\_Checklist\\_May19\\_FINAL \(1\).pdf](#)

## APPENDIX 1

### Extreme Weather

At lunchtime if the weather is 38 or above or freezing cold, wet and thunderstorms and too dangerous for students to go outside, students remain inside with shared supervision.

Shared supervision:

<b>Room</b>	<b>Supervisor (Classroom Teacher)</b>
Room 9	1:10 – 1:30
	1:30 – 1:55
Room 7 & 8	1:10 – 1:30
	1:30 – 1:55
Room 5 & 6	1:10 – 1:30
	1:30 – 1:55
Room 3 & 4	1:10 – 1:30
	1:30 – 1:55
Room 1 & 2	1:10 – 1:30
	1:30 – 1:55

## APPENDIX 2

### WET WEATHER PROCEDURE

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1. On days of extreme wet weather all outdoor activities are cancelled.
2. At Recess time, students will play under the verandah with yard duty teachers to supervise. No equipment is to be used.
3. At Lunch, the Gym will only be used if it is raining before lunch and 2 bells will be rung. If this occurs, R-2 students are in the gym and Years 3-7 students are under the verandah.
4. The yard duty teacher is to take keys to unlock / lock doors.
5. Lunchtime Activities:
  - a. Sports Shed is closed
  - b. Gym
    - i. No equipment is to be taken into the gym.
    - ii. Only equipment handed out by yard duty teacher from the gym storeroom will be allowed to be used in the gym.
    - iii. Toilet rules apply.
    - iv. The Action Based stations, if set up, are to be pushed to the side and equipment not touched.
  - c. Under verandah
    - i. Board games, hacky sacks and any quiet activity
6. If the rain stops then the 2 yard duty teachers, together, make the decision and wet weather procedure is no longer in place and everyone goes outside.
7. If it rains again, all students go under the verandah.

**The above also applies for all situations of extreme weather – rain, wind, hail, etc.**