Sun Protection Policy

This is a whole of school policy and there may, from time to time, be variations in different parts of the School. In such circumstances, advice will be issued by the relevant Head of School.

Rationale

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin and eye damage and increases the risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

Adolescence and childhood are critical periods during which sun exposure is likely to contribute to skin cancer later in life. It is estimated that more that 75% of all skin cancers could be prevented by practicing sun protection in childhood and adolescence.

This Policy has been developed as part of our commitment to a safe school environment, to reduce the risk to students and staff of exposure to UV radiation from the sun.

Aims

The aims of the policy are to promote:

1. An awareness of the dangers of exposure to the sun and the need for protective measures;
2. The need for positive attitudes and responsible behaviours towards skin protection;
3. Practices which can reduce the incidence of skin cancer.

Implementation Strategies

When enrolling their child, parents will be:

1. Informed of the Sun Protection policy;
2. Required to provide medical information in relation to their son having any pre-disposition to the effects of heat;
3. Required to give authority for staff to administer sunscreen and parents will be notified that their child will be encouraged to use their self-help skills in applying sunscreen to themselves under staff supervision;
4. Encouraged to practice Sun Protection behaviours themselves.

As part of the general Sun Protection strategies, Brighton Grammar will:

Behaviour

- Ensure that all staff/new staff are informed of the Sun Protection Policy and adhere to it;
- Encourage, where practical, the wearing of close fitting, wrap around sunglasses that cover as much of the eye as possible;
- Work with the parent community to provide SPF 15+ or 30+ broad spectrum, water resistant sunscreen for Staff and boys’ use whenever possible;
- Encourage boys to wear hats which protect the face, neck and ears whenever they are outside, e.g. recess, lunchtime, sport, excursions;
• Encourage boys to use available areas of shade for outdoor activities;
• Encourage Staff and parents to act as role models by practising Sun Protection behaviours;
• Enforce a ‘no hat, no play’ policy to all boys during morning recess and lunchtime during Terms 1 and 4;
• Educate boys as to the importance of consuming high amounts of liquids to avoid the possibility of dehydration and heatstroke on days of extreme heat;
• On days when the temperature is 36°C or above, boys do not attend after School sports training or inter- or intra-school sporting fixtures;
• When necessary, reduce the length of the game;
• When necessary provide frequent player rest and rotation.

Curriculum

• Incorporate programs on skin cancer prevention into the curriculum;
• Regularly reinforce Sun Protection behaviour in a positive way through newsletters, parent meetings, student and teacher activities;
• Clearly display Sun Protection posters throughout the School.

Environment

• Schedule outdoor activities before 11:00am and after 3:00pm during Terms 1 and 4 whenever possible;
• Organise outdoor activities to be held in areas of shade whenever possible;
• Work toward increasing the number of shelters and trees so as to provide adequate shade in the School grounds.

Should Heat Related Illness or Injury Occur

Common signs of heat-related illness or injury include (but are not limited to):

• Fatigue
• Nausea
• Headache
• Confusion
• Light Headedness
• High Heart Rate
• Collapse
• Dry skin and/or pale skin colour

First Aid in Relation to Heat Related Illness or Injury

• The activity should be stopped immediately;
• The person should be placed in a shaded area, or if possible, transferred to an area with air-conditioning or a fan;
• Unnecessary clothing can be removed;
• Cool drinks should be provided;
• A cool spray of water can be administered.
Medical advice should be sought promptly if the symptoms do not improve rapidly. Immediate medical advice should always be sought if a person has collapsed.

All heat related illness or injury should be recorded to assist in the treatment and immediate and future management of the condition.

Roles and Responsibilities

- On hot days, the Director of Activities is responsible for monitoring the current outside temperature and advising staff as temperatures exceed safe levels.
- It is the responsibility of teaching staff to ensure that the correct behaviours are put in place according to the Sun Protection Policy.

References: Associated Grammar Schools of Victoria & Associated Public Schools of Victoria Combined APS/AGSV Sport Adverse Weather Policy/Appendix 1 – Heat Policy