

SKIN PROTECTION POLICY

Australia has one of the highest rates of skin cancer in the world. At least 1 in every 2 Australians will develop some sort of skin cancer before the age of 70. Research suggests that at least two-thirds of all melanomas occurring in Australia before the age of 60 could be prevented if children were protected from the sun during childhood and adolescence, as exposure during this time is more likely to contribute to skin cancer later in life.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Research shows that sunburn and skin damage contributes to skin cancer and other forms of skin damage such as sunspots, blemishes and premature ageing. Most skin damage and skin cancer is therefore preventable. Ultraviolet radiation (UVR) levels are highest during the hours that children are at school.

With this in mind, Torrens Valley Christian School realises the need to protect children's skin and educate them about Skin Protection behaviour, thus reducing the risk of skin damage from exposure to the sun. This Skin Protection Policy has been developed to ensure that all students and staff attending Torrens Valley Christian School are protected from over-exposure to the harmful UV radiation from the sun. It documents our comprehensive sun protection practices. These practices will be applied to all school activities including sports carnivals, excursions and camps.

GOALS

The goals of the Skin Protection Policy are to:

- Increase student and community awareness of skin cancer.
- Assist students to develop strategies that encourage responsible decision-making about skin protection.
- Work towards a safe school environment that provides shade for students and staff.
- Encourage students, parents and staff, including children and staff in After School Care to wear protective clothing, broad-brimmed or legionnaire style hats and sunscreen during high risk times such as lunch times, sports, excursions and camps.
- Ensure that parents are informed of the School's Skin Protection Policy.

Implementation

This policy is to be implemented during Terms 1, 3 and 4 and any other days when the UVR level is 3 or above. The purpose of the policy is to ensure that all members of our school are protected from skin damage caused by the harmful rays of the sun.

Curriculum

- Sun protection and skin cancer awareness programs are incorporated into the appropriate Key Learning Areas of the school curriculum.

Uniform/clothing

- During Terms 1, 3 and 4 and on any other days when the UVR level is 3 or above, students are required to wear broad-brimmed hats whenever they are outside.
- Staff are required to wear broad-brimmed hats for all outdoor activities, including yard duty.
- Parents are encouraged to wear broad-brimmed hats when participating in and attending outdoor school activities.
- Students are required to dress in the school uniform which offers adequate protection including tops and dresses with collars and longer style sleeves, and longer style short dresses and skirts.

Sunscreen use

- Each class will be provided with sunscreen at the start of each year.
- Parents are encouraged to provide the recommended sunscreen to their child.

- Students and staff are actively encouraged to apply SPF 30 or higher, broad-spectrum, water resistant sunscreen 20 minutes prior to school, lunch, PE lessons, sport, excursions etc and reapply every 2 hours when outdoors or more frequently when sweating or involved in water activities.

Sport and Physical Education

- Broad-brimmed hat wearing is compulsory, where practical, for sport and physical education.
- Sports uniform items are sun protective eg. shirts with collars.

Special Events

- The SunSmart message will be promoted in information detailing special events.
- Adequate shade will be provided at sporting carnivals and other outdoor events.
- Where possible, outdoor events and activities will be scheduled for earlier in the day so that they are outside of peak UV times of the day, or they will be conducted at shaded or indoor venues where possible.

Camps and Excursions

- Broad-brimmed hats, sun protective clothing and sunscreen are required for all camps and excursions. These items will be listed on the parent permission form.

Shade

- The school has increased the amount of shade, in particular where students congregate.
- Further provision of shade areas will continue to be a priority on any future planning documents for the school.
- Students without a hat during the high-risk period will be sent to a designated undercover area.
- Students will be encouraged to use available areas of shade.

Assemblies

- Outdoor assemblies are either scheduled out of peak UV radiation times or held in an area where students can be in the shade.

Reinforcement / Promotion of Skin Protection message

- Skin protection will be promoted throughout the year via the newsletter, school website, assemblies, student/staff notices, staff meetings and whole school activities.
- Staff will be encouraged to role model appropriate sunsmart strategies in all school activities.
- Skin cancer prevention will be included in various year levels health curriculum.
- The online, updated UVR level for each day is displayed on the school intranet home page.

Monitoring / Evaluation

- All new families and staff are briefed on the Skin Protection Policy.
- Skin Protection guidelines will be included in the school diary each year.
- Skin Protection practices are promoted regularly.
- The Skin Protection Policy will be reviewed every 2 years to ensure that up-to-date information is maintained on SunSmart resources and policy guidelines. This information will be gained from Cancer Council SA.

Document Information

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