



St Joseph's Catholic Primary School Park Avenue

SunSmart & Excessive Heat Policy

Approved: [30th October 2018] | For Review [Early 2021]

Policy Statement

Purpose

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

This SunSmart policy provides guidelines to:

- ensure all students and staff are protected from over-exposure to UV radiation;
- ensure the outdoor environment provides shade for students and staff;
- ensure students are encouraged and supported to develop independent sun protection skills to help them be responsible for their own sun protection;
- support duty of care requirements; and
- support appropriate OHS strategies to minimise UV risk and associated harms for staff and visitors.

Description

Background

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life.

Implementation Issues

SunSmart Procedures

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

- The sun protection measures listed are used for all outdoor activities during the **daily local sun protection times**. *At these times, sun protection is recommended for all skin types.*
- *Between 8:15am & 6:00pm daily (From the time duty begins in the morning until OSHC ceases)*

1. Slap on a hat

- All students are required to wear school wide brimmed hats as per the uniform policy that protect their face, neck and ears, whenever they are outside. Peak caps and visors are not considered a suitable everyday alternative and should only be used in specific pre-authorised circumstances as per the St Joseph's uniform policy.

2. Seek shade

- The school makes sure there are sufficient shelters providing shade in outdoor areas particularly in high-use areas e.g. where students have lunch, canteen, assemblies, sports, outdoor lessons and popular play spaces.
- The availability of shade is considered when planning all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- In consultation with the school, shade provision is considered in plans for future buildings and grounds.
- A shade assessment is conducted yearly to determine the current availability and quality of shade.

3. Slip on sun protective clothing

- Cool, loose-fitting, sun protective clothing made of densely woven fabric is included in our school uniform / dress code and sports uniform. It includes shirts with collars and elbow-length sleeves, longer dresses and shorts and rash vests or t-shirts for outdoor swimming as per the St Joseph's Park Avenue uniform policy.
- A long-sleeved sports shirt option has been made available as of 2017.

4. Slop on sunscreen

- Students are encouraged to apply their own SPF30 (or higher) broad-spectrum, water-resistant sunscreen each day before they attend school.
- The school supplies SPF30 (or higher) broad-spectrum, water-resistant sunscreen for staff and student's use.
- Sunscreen is applied in accordance with the manufacturer's directions (which state to apply at least 20 minutes before going outdoors and reapply every two hours, or more frequently if sweating or swimming).
- Strategies are in place to remind students to apply sunscreen before going outdoors (e.g. reminder notices, sunscreen monitors, sunscreen buddies).

5. Slide on sunglasses [if practical]

- Where practical students are encouraged to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

Learning and skills

- Programs on sun protection are included in the curriculum for all year levels.

Engaging children, educators, staff and families

- SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.
- As part of OHS UV risk controls and role-modelling, staff, families and visitors:
 - wear a sun protective hat, covering clothing and, if practical, sunglasses;
 - apply sunscreen; and
 - seek shade whenever possible.

Monitoring and review

- The school Board and staff monitor and review the effectiveness of the SunSmart policy and revise the policy when required (at least once every three years) by completing a policy review and membership renewal with SunSmart at sunsmart.com.au.
- SunSmart policy updates and requirements will be made available to staff, families and visitors.

Excessive Heat Procedures

Playing and exercising safely in hot weather

- In any sporting or outdoor activity, the risk of heat stress increases with rising air temperature. This is the case for sporting participants, as well as umpires, officials and volunteers.
- Factors which need to be taken into account before considering cancelling or postponing a sporting event include but are not limited to:
 - the temperature – both ambient temperature and relative humidity
 - the duration and intensity of the event (for example, an endurance or distance event has more potential for problems than a stop-start team event)
 - rest and drink breaks
 - time of day
 - local environment
 - acclimatisation of the participants (for example, students visiting from hot, dry climates may not cope well with the hot, humid conditions of some northern, coastal regions)
 - fitness levels of participants
 - age and gender of participants
 - possible water loading in the lead up to sporting events or intense physical activity
- If the ambient temperature is **between 31 and 36 degrees Celsius and the relative humidity is over 50%**, there is a high to very high risk of heat illness. Planned vigorous, sustained physical activity should be limited in intensity or duration to less than 60 minutes per session.
- If the ambient temperature is **over 36 degrees Celsius and the relative humidity is over 30%**, there is an extreme risk of heat illness. Planned vigorous, sustained physical activity should be postponed to a cooler part of the day or even cancelled.
- *At a school level, if the ambient temperature is **at or exceeds 40 degrees Celsius**, the School Leadership Team will cancel all outside activities and lunches will be consumed in air conditioned spaces.*

Reflection Material

Legislation and Standards

- [Occupational Health and Safety Act 2004](#)
- [Education and Training Reform Act 2006](#): Sch.5 Reg. 1 (1.2)



Other Reflection Material

- SunSmart at sunsmart.com.au.
- Department of Education and Training – Managing Excessive Heat in School document
- [Managing excessive heat in schools](#) website for strategies to prepare for periods of excessive heat.

