



## KAPUNDA HIGH SCHOOL

# Kapunda High School Sun Protection Policy

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### Rationale

A balance of ultraviolet (UV) radiation exposure is important for health. Too much of the sun's UV radiation can cause sunburn, skin and eye damage and skin cancer. Sun exposure in childhood and adolescence is a major factor in determining future skin cancer risk. Too little UV from the sun can lead to low vitamin D levels. Vitamin D is essential for healthy bones and muscles, and for general health.

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

### Underlying Principles:

- Encourage the entire school community to use a combination of sun protection measures for all outdoor activities during terms 1, 3 and 4 and whenever UV levels reach 3 and above at other times in term 2. **changes to this have included terms 1 term 3 week 4 and term 4**
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- Ensure all students and staff have some UV exposure for vitamin D
- Ensure students are encouraged and supported to develop independent sun protection skills to assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's Sun Protection policy.

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.

### Legislation

- Work Health and Safety Act 2012

### Procedures

To assist with the implementation of this policy, staff and students 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.
- access the SunSmart UV Alert at [www.cancersa.org.au/sunsmart](http://www.cancersa.org.au/sunsmart) to find out daily local sun protection times. Alternatively the free Sunsmart App for Iphone and Androids is recommended and lets you know when you do and don't need sun protection, making it easier to be smart about sun exposure all year.

## **Sun Protection Strategies:**

### **1. Clothing**

Sun protective clothing is included in the school uniform/ dress code and sports uniform. The clothing is cool, loose fitting and made of closely woven fabric. It includes shirts with collars and just above the elbow/mid upper arm length sleeves, longer-style dresses and shorts and rash vests or t-shirts for outdoor swimming.

### **2. Sunscreen**

The school supplies SPF 30 or higher broad spectrum, water resistant sunscreen for staff and student's use. This occurs in all outdoor PE lessons, subject outdoor lessons and excursions. Sunscreen is also available during recess and lunchtime from the student hub, resource centre and the front office.

Sunscreen is applied at least twenty minutes before going outdoors (where possible) and reapplied every two hours if outdoors for an extended period.

Strategies are in place to remind students to apply sunscreen before going outdoors and reapply as required e.g. reminder notices, sunscreen monitors, sunscreen buddies.

Students who have sensitivity to the provided sunscreen are recommended to bring their own SPF 30 or higher broad spectrum, water resistant sunscreen that meets the needs of their condition.

### **3. Hats**

All students and staff are required to wear a hat at all times whenever they are outside of the classroom in a non-shaded area. Legionnaire, broadbrim or bucket hats will be required to protect the face, neck and ears. (this includes when leaving the classroom for going to the toilet or another room, in between lessons, and during brain breaks)

Hats can be any colour and may include logos providing they do not promote alcohol, drugs, make other illegal or inappropriate references. Students and staff are required to wear hats in terms 1, 3 and 4 and whenever the UV level is 3 and above in term 2.

If students do not have a hat at school on a particular day, they will be required to sit in a solid shaded area (eg. Gymnasium verandah or the Resource Centre verandah)

Students can remove their hats if seated in a shaded area.

### **4. Shade**

A shade audit is conducted regularly to determine the current availability and quality of shade. Currently areas at KHS include: The gym shelter and Resource Centre Verandah.

The school governing council makes sure there is a sufficient number of shelters and trees providing shade in the school grounds, particularly in areas where students congregate e.g. lunch areas, canteen and outdoor lesson areas.

The availability of shade is considered when planning excursions and all other outdoor activities. Outdoor activities are scheduled outside the peak UV radiation times or in the shade where possible.

In consultation with the school governing council, shade provision is considered in plans for future buildings and grounds.

Students are encouraged to use available areas of shade when outside.

Students who do not have appropriate hats or clothing are asked to remain in the shade or a suitable area protected from the UV rays.

## **5. On extreme weather days KHS**

Provide alternative areas for students to use during recess and lunch time breaks including air conditioned class rooms including the A and B Block, year 12 common room and gymnasium. Use of the basketball courts, the oval and associated courts are not available to students for activities.

## **6. Sunglasses (Optional)**

Students and staff are encouraged to wear close-fitting, wraparound sunglasses that meet the Australian Standard 1067:2003 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

## **7. Engaging Students, Staff and Families**

As part of WHS UV risk controls and role modelling, staff, families and visitors:

- wear sun protective hats / umbrellas, clothing, as listed above\* and sunglasses when outside
- apply SPF 30 or higher broad spectrum, water resistant sunscreen
- seek shade whenever possible.

Promote rehydration of students through reinforcing drink bottles are filled during break times for use in classrooms

\* refer to 1. clothing

## **8. Whole school outdoor events**

KHS Extreme Weather Policy provides guidelines for interschool events such as Sports Day, Swimming and other knock out sport carnivals on days above the required UV or high temperature. When the temperature exceeds 35° C the Swimming Carnival, Sports Day or other outdoor carnivals will be postponed or run in a modified way. When the UV rating is 3 or above, hats, sunscreen and UV clothing will be required.

## **9. Curriculum**

The KHS HPE policy provides alternative practical activities on days of high UV ratings and high temperature. Modifications can be put in place from 25° C. All outdoor practical activities cease from 36°C. Rehydration is promoted in all lessons and students are expected to bring drink bottles to class.

Legionnaire, bucket or broad brim hats must be worn for outdoor lessons by staff and students. Sunscreen is to be applied on exposed skin.

Programs on skin cancer prevention, sun protection and vitamin D are included in the HPE curriculum and during pastoral care such as 'It's not the temperature, it's the UV". Students are introduced to online resources and download the free Sunsmart app and seeUV app.

The KHS Agriculture policy provides alternative classroom activities to practical work on days when the temperature is 30° C or above. All students working in the outdoors are required to wear hats, sunscreen and sunglasses. All students are required to rehydrate on a regular basis.

The D2C policy provides alternative workshop activities when temperatures are 35° C or above. All students wear long sleeve shirts, hats, sunscreen and sunglasses.

## Policy Review

The school council and staff regularly monitor and review the effectiveness of the Sun Protection Policy (at least every three years) and revise the policy when required.

**Date of next policy review: 2025**

## Planning and Advisory documents:

<https://www.cancersa.org.au/prevention/sunsmart/sunsmart-program/secondary-schools/resources-secondary/>

[https://www.cancersa.org.au/uploads/sunsmart/SS\\_Secondary\\_Sun\\_Protection\\_Checklist.pdf](https://www.cancersa.org.au/uploads/sunsmart/SS_Secondary_Sun_Protection_Checklist.pdf)

[https://www.cancersa.org.au/uploads/sunsmart/SS\\_SecondarySchool\\_Policy\\_Guidelines.pdf](https://www.cancersa.org.au/uploads/sunsmart/SS_SecondarySchool_Policy_Guidelines.pdf)

## Relevant Resources – Available from:

[www.cancersa.org.au/sunsmart](http://www.cancersa.org.au/sunsmart)

- SunSmart UV Alert: shows you when the UV is forecast to be 3 or above and when skin protection is required. It is available on the free SunSmart app ([www.cancersa.org.au/sunsmartapps](http://www.cancersa.org.au/sunsmartapps)), online ([www.bom.gov.au/sa/uv](http://www.bom.gov.au/sa/uv)), in the weather section of some newspapers or as a free widget to place on your website ([www.cancersa.org.au/sunsmart-apps](http://www.cancersa.org.au/sunsmart-apps)).
- Creating effective shade: online shade audit tool allows you to assess whether your existing shade is adequate. It also helps you develop a list of practical recommendations to improve both built and natural shade ([www.sunsmart.com.au/uv-sun-protection/seek-shade](http://www.sunsmart.com.au/uv-sun-protection/seek-shade)).
- Real Stories: educational resource for year 7-10 students including a series of videos and lessons examining the issues related to young people and skin cancer ([www.cancersa.org.au/sunsmart](http://www.cancersa.org.au/sunsmart)).
- Generation SunSmart: Fun and interactive online sun protection modules for teachers, school nurses and year 6–9 students. Visit [www.generationsunsmart.com.au](http://www.generationsunsmart.com.au).

## Resources available from Kapunda High School

- Hats
  - KHS navy embroidered broad brim hats with tie at the back
  - KHS navy SRC embroidered broad brim hats
  - KHS navy Ag Club embroidered broad brim hats
  - House Reversible hats navy/green, navy/red, navy/gold with tie at the back
  - KHS House Captain navy with house embroidered broad brim hats



# KHS SCHOOL MANAGEMENT OF HATS

## Students, Teachers, SSO, Admin staff and Relief Teachers – Example

1. remove hats when entering a classroom / building
2. replace hats when leaving a building
3. walking between buildings for any reason requires a hat.

Hats must be on when leaving HG at the beginning of the day.

Student does not have a hat at school : daymap note during roll taking. Remind the student of the process. 1 demerit point from house shield?  
Daymap message to parent, KHS text message to parent.

### Scenario 1 Classroom lesson indoors

Students and Teachers arrive to class – line up outside of the class, remove hats upon entering or before entering the room. This includes all classroom. Kitchens, science labs and the Tech centre. have specified protective headwear.

Teachers remind students to remove hats / hoods (only warning to the class) – make sure staff are aware of students with hat exemptions – hats remain off during the lesson.

Student puts hat back on or refuses to remove – check if they have a hat exemption, collect the hat to be returned at the end of the lesson -

Student refuses to take off the hat or hand it over – ask the student to go outside of the room with the hat – set the class to work. Go outside to the student (with your hat on if outdoors) remind the hat process, explain was given a reminder – last chance to hand over the hat to receive it at the end of the lesson.

Student still refuses to remove the hat – lunchtime detention + remove hat Give some uptake time if required. Then suggest 'if the hat is now removed, you can work off the lunchtime detention

Student still refuses to remove the hat – call for back up

Student returns to class, puts the hat back on. - repeat above process

## Scenario 2 Outdoor lesson / Activity / Brain Break outdoors

Students / Teachers have an outdoor lesson.  
Hats are removed when in the changing area or classroom and replaced when leaving the room for an activity such as HPE, Sports Studies or Agriculture,

Student did not bring a hat - see if anyone has a spare. (Resource centre some in lost property)  
Faculty spare hats?  
Student finds a hat – everyone can go outdoors.

Student refuses to wear a hat – refer to reset room with written work + use detention process  
No outdoor brain break.

## Scenario 3 classroom or outdoor positive reinforcement

House points for a full class of hats  
Brain break choice for reaching a hat target  
Only opportunity for an outdoor brain break if everyone has their hat

### This is not a brain break

Whole class goes for a walk , (Will all need to wear a hat).  
stops at the toilet block,  
refill drink bottles.  
Walk across the oval where classes are in progress (time taken – 15 minutes)

Class cannot walk around the outside of the school perimeter  
No study classes need a walk around the school  
Sending 1 person to refill many drink bottles  
10 minutes to access phones  
Finish ten minutes early for good behaviour

### Toilet Break

1 person at a time.  
Hat needs to be worn  
When the other person returns the next person can go.