



**KAPUNDA**  
High School

# Kapunda High School Sun Protection Policy

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

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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.

## Underlying Principles:

- Encourage the entire school community to use a combination of sun protection measures for all outdoor activities during terms 1 and 4 and whenever UV levels reach 3 and above at other times in terms 2 and 3.
- 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 SunSmart 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.

## Procedures

To assist with the implementation of this policy, staff and students are encouraged to 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 or the seeUV 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 whenever they are outside in a non-shaded area. Legionnaire, broadbrim or bucket hats will be required to protect the face, neck and ears.

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, and 4 and whenever the UV level is 3 and above in terms 2 and 3.

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, Resource Centre verandah, shaded garden alongside the 60s block of classrooms and the fig trees alongside the student change rooms.
- 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 under solid shade or a suitable area protected from the UV rays.

### **5. Extreme weather days**

- Provide alternative areas for students to use during recess and lunch time breaks, including air conditioned class rooms, year 12 common room 90, gymnasium, drama room and the Resource Centre.
- Use of the basketball courts and the oval is not available to students.

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

Students and staff are encouraged to wear close-fitting, wrap-around 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 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

## 8. Whole school outdoor events

KHS Extreme Weather Policy provides guidelines for interschool events such as Sports Day, Swimming and other carnivals on days of high temperature or extreme UV. When the temperature exceeds 35° C, the Swimming Carnival, Sports Day or other outdoor carnivals will be postponed or run in a modified way.

## 9. Curriculum

The KHS HPE policy provides alternative practical activities on days of high UV ratings and high temperature. Modifications are 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 brimmed 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 SunSmart policy (at least every three years) and revise the policy when required.

**Date of next policy review:** 2021

## 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).
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