



SUN AND HEAT PROTECTION GUIDELINES

SOURCES OF AUTHORITY

CECWA Policy			
Executive Directive			
Effective Date	2024	Next Review	2026

RATIONALE

All students and employees at St John Bosco College shall be protected as far as practicable from skin damage caused by harmful ultraviolet radiation (UVR) through the implementation of a mixture of personal and environmental strategies.

Australia has the highest incidence of skin cancer in the world with two of every three Australians developing some form of skin cancer during their lifetime. Sun exposure during childhood and adolescence is known to greatly increase the chance of developing skin cancer later in life. Unprotected exposure to UV radiation can also result in eye damage and premature aging of the skin. By implementing strategies to reduce sun exposure we aim to reduce the risk of skin and eye damage throughout the students' lifetimes.

Staff, families, and children will be encouraged as partners in the implementation of sun protection strategies. This partnership will be supported through the provision and display of educational materials and by incorporating sun protection messages into our program of activities.

Students, families, and staff will be regularly reminded of the importance of sun protection. Parents are asked to support the intentions of the Sun Protection Guidelines in partnership with the College.

Our Sun Protection Guidelines are implemented throughout the whole year. The sun protection practices outlined in this guideline will be applied to all College activities, including sports carnivals, excursions and camps, or other events where outdoor attendance is required. The guideline has been developed in consultation with the whole College community. St John Bosco College has a 'No Hat, No Sun' rule, students are encouraged to play in well shaded areas.

GUIDELINES

OUTDOOR ACTIVITIES

The College will ensure all sun protection measures are applied to students and educators while outside when the UV Index is 3 or above. Students will be encouraged to use shaded areas for outdoors play activities. The College staff will implement the 'No Hat, No Sun' rule. Outdoor activities will be planned to occur in shaded areas.

HATS

The staff model, reiterate, and implement the 'No Hat, No Sun' rule.

Students at St John Bosco College have an endorsed broad-brimmed (UVPF 50+) hat and/or a College Cap as a part of their compulsory uniform (refer to the St John Bosco Uniform and Personal Presentation Procedure). Staff are required to wear hats that protect them whenever they are outside including when supervising outdoors and on an excursion. Visitors and volunteers will also be encouraged to wear appropriate hats. Students who do not have their hats with them will be required to play in an area protected from the sun.

SUNSCREEN

Parents will be asked to apply sunscreen; prior to the students arriving at the College. This sunscreen must be at least SPF30. SPF 30 or higher broad-spectrum, water-resistant sunscreen will be available to the students. Staff will encourage the daily application of sunscreen prior to the recess, lunch or any outdoor activity. Students will be encouraged and supervised to apply their own sunscreen.

EXCURSIONS

Sun protection will be considered when excursions are planned, specifically time of day and availability of shade. All sun protection strategies apply for outdoor excursions.

EXTREME HEAT

Extreme heat wave is a period of unusual and uncomfortable hot weather that can negatively affect health. Children and young people are more susceptible to heat stress. For this reason, we must be able to recognise and respond to heat related illness and have strategies to manage the risks associated with extreme hot weather and heat wave. During a period of extreme heat, we will actively:

- Notify parents/carers about upcoming weather conditions and remind them to provide their child with extra water and icepacks in lunch boxes.
- Review timetabled activities and duty rosters prior to the commencement of the college day and modify any activity that could add to heat related illness of staff and students.
- Reconsider events (such as assemblies) where adequate shade is not able to be provided for students, staff and visitors.
- Keep all students inside during break and eating times.
- Limit outside play and provide alternative inside activities during break times.
- Review and modify duty rosters to limit staff exposure to heat.
- Postpone any planned vigorous activity.

- Modify physical education lessons and not undertake them outside.
- Postpone Athletic and Swimming carnivals.
- Allow drink bottles in studios, including the provision of additional water bottles.
- Rotate class use of air-conditioned facilities where available.

DEFINITIONS

BROAD SPECTRUM – protects against both UVA and UVB rays

SPF - sun protection factor, indicates the level of protection against ultra violet radiation (UVR)

UVA - UVA (longer wavelength) causes premature aging and wrinkling of the skin and is a cause of skin cancer

UVB - UVB (medium wavelength) is more dangerous than UVA and is the major cause of skin cancers, sunburning and cataracts

UVR - ultra violet radiation is a form of radiation given out by the sun. Unlike other forms of solar radiation, such as light and heat, UVR cannot be seen or felt. It is divided into three types, UVA, UVB and UVC, according to wavelength. UVC does not reach the earth's surface.

UV INDEX - an international standard measurement of the strength of the ultra violet radiation from the sun at a particular place on a particular day. The UV index for Western Australia can be viewed at <http://www.bom.gov.au/wa/uv/index.shtml>

Australian Children's Education and Care Quality Authority (2012), *Education and Care Services National Regulations (WA) 2012*. ACECQA, NSW.

Australian Children's Education and Care Quality Authority (2011), *The Guide to the National Quality Standard*, ACECQA, NSW.

Australian Children's Education and Care Quality Authority (2011), *The Guide to the Education and Care Services Law and the Education and Care Services National Regulations*, ACECQA. NSW.

Cancer Council Western Australia, <http://www.cancerwa>.