



Sun Safe Policy

Effective for 2009

Protection from Over Exposure to the Sun

Introduction

Australia has the highest rate of skin cancer in the world. It is estimated that more than 75% of all skin cancers could be prevented by practising sun protection in early childhood and adolescence.

“Schools and teachers owe to the students under their control and supervision a responsibility to take reasonable care for the safety of these students. Reasonable care, or duty of care, means that schools and teachers must respond to all elements of foreseeable risk and take reasonable steps to ensure that a student does not risk injury and that the health of the student is not put at risk”.

*Sun protection for Staff and students
Updated 24 June 2007*

www.ais.wa.edu.au

Policy

Students and staff who are involved in a range of outdoor activities at Lake Joondalup Baptist College may risk over exposure to the sun. Teachers should adhere to the following guidelines in order to protect students and themselves from over exposure to the sun.

Daily temperature and UV rating

1. The Deputy Principal Students and the Head of Health and Physical Education will monitor the temperature daily during Term 1 & 4 with the use of two wireless thermometers.
2. If the actual temperature cannot be determined by the use of College temperature gauges, information should be obtained from the Bureau of Meteorology website www.bom.gov.au
3. The Deputy Principal and head of Health and Physical Education (or their delegate if either is absent) should monitor the predicted temperature from the Bureau of Meteorology website.

Protection from over exposure to the sun during activities on the College oval and tennis courts and during recess and lunch breaks.

1. When the temperature reaches 35 degrees, or can reasonably be predicted to reach 35 degrees:
 - a. the oval and tennis courts will be closed and all outdoor classes relocated indoors or to an appropriate location that provides adequate shade and cooler conditions.
 - b. students will be given access to the College hall at recess and lunchtime.
 - c. the College hall will be supervised by the duty teacher assigned to Area 1.
 - d. the Deputy Principal Staff will inform the Area 1 duty teacher.
 - e. yard duty staff will move students who are standing, sitting or playing in un-shaded areas to the College Hall or another shaded area

2. When the temperature is between 30 and 34 degrees:
 - a. the teacher will use their discretion and modify the class activities, the length of the lesson and/or the location of the lesson.
 - b. where possible, outdoor lessons and sports carnivals should be scheduled outside of peak UV times of 10am to 3pm (or as far from solar noon as possible) taking into account the impact of daylight saving if in place.
 - c. the Head of Learning Area and the Deputy Principal Staff must be informed of the relocation of any class.
 - d. sunscreen must be provided; however, students are encouraged to bring their own and have it with them at every outdoor activity

The use of hats in the protection from over exposure to the sun

1. Students and staff must wear a hat while engaged in all outdoor activities during Term 1 & Term 4.
2. Students must wear the College peak or broad brimmed hat. These are available for purchase from the College Uniform shop.
3. Students and staff must wear a hat to and from indoor venues such as the Arena and Indoor volleyball during Term 1 & Term 4.
4. Students are not permitted to participate in outdoor activities without a hat in Term 1 & Term 4.
5. Students participating in extended outdoor excursions and other activities, such as sporting carnivals, must wear a hat.
6. Parents involved in outdoor activities should be asked, by the staff member in charge of the activity, to model sun safe behaviour and to wear a hat.
7. Student Councillors and others required to perform official duties on behalf of the College at outdoor venues will be provided with a broad brimmed College hat. This may include attendance at funerals and award ceremonies.

Protection from over exposure to the sun during camps, excursions and tours

1. Clothing must cover the shoulders and midriff. Tops/shirts with collars are preferable.
2. All students must wear a hat or cap (not a visor) during all outdoor activities. Hats with a broad brim are recommended as they offer increased protection.
3. Sunscreen will be available, however, students are encouraged to bring their own and have it with them at every outdoor activity.
4. Sunscreen must be SPF30+ broad-spectrum and students must be encouraged to apply it regularly.
5. Sun-baking is not allowed under any circumstances.

Students who do not comply with these sun safe requirements will not be permitted to participate in outdoor activities unless they are in a shaded area.

Protection from over exposure to the sun during water based activities

In addition to camps, tours and excursions the following applies to College and Inter School swimming carnivals, CAS sport and other Inter School competitions and off campus class activities.

1. During water activities, a rash vest or wet suit must be worn.
2. If a rash vest or wet suit is not worn, a tee shirt (not loose fitting) must be worn over bathers.
3. Out of the water, bathers must be covered at all times by clothing that covers the shoulders and midriff. Tops/shirts with collars are preferable.
4. When the specific rules of a competition prevent a student from wearing a rash vest, wet suit or tee shirt, the student must cover their bathers as soon as possible after the event.
5. All students must wear a hat or cap (not a visor). Hats with a broad brim are recommended as they offer increased protection
6. Sunscreen will be provided; however, students are encouraged to bring their own and have it with them at every outdoor activity.
7. Sunscreen must be SPF30+ broad-spectrum water-resistant sunscreen and students must be encouraged to apply it regularly.
8. Sun-baking is not allowed under any circumstances.

Students who do not comply with these sun safe requirements will not be permitted to participate in water based activities.

Drinking water

Students are permitted to carry water bottles into all classes, except when computers are located in the room. Teachers are to encourage students to drink water regularly through the day, in particular before, during and after physical activity.

Shade

The Business & Finance Manager and the Deputy Principal Students will regularly assess the College grounds in relation to the availability and use of shade.

Sunglasses should be worn by all staff and students who are exposed to the sun for long periods of time, such as all day teaching PE, or on Outdoor education camps, or at the beach.

Promotion of sun safe behaviour

1. The Deputy Principal Students will promote sun protection throughout the year via newsletters, student notices and staff and parent meetings.
2. The Heads of House will promote sun safe behaviour in the House assemblies during Term 1 & Term 4.
3. The Sun Safe Policy will be made available to staff via the College Portal. Staff are required to be conversant with the contents of the policy.
4. Sun Safe practices are imbedded within the Health Education Program. All lower secondary students study the effects of skin cancer within the context of lifestyle diseases. These are further developed in Senior Secondary courses.

A review of the policy will be conducted by the Head of Health and Physical Education and the Deputy Principal Students in liaison with the Secondary Executive and, when appropriate, the Secondary Leadership team, once every 2 years.