



Heat and Sun Protection Policy

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Rationale

A healthy balance of the sun's ultraviolet radiation (UV) exposure is important for health. Too much UV from the sun can cause sunburn, skin damage, eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before they are 70. Overexposure to UV during childhood and adolescence is a major cause of skin cancer. Sun protection is needed whenever UV levels reach three and above. Too little UV from the sun can lead to low vitamin D levels. Vitamin D regulates calcium levels in the blood. It is also necessary for the development and maintenance of healthy bones, muscles and teeth.

Our Sun Protection Policy has been adopted to ensure that all staff and students attending *Australian Islamic College* are protected from skin damage caused by UV radiation from the sun. This policy is to be implemented throughout the year, but with particular emphasis from the beginning of September through to the end of May. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps. The policy has been developed in consultation with the whole school community.

Objectives

The goals of the Sun Protection Policy are to:

- Ensure that all children and staff maintain a healthy UV exposure balance.
- Encourage the entire school community to use a combination of sun protection measures whenever UV Index levels reach 3 and above.
- Encourage safe UV exposure.
- Work towards a safe school environment that provides shade for children, staff and the school community at appropriate times.
- Assist children to be responsible for their own sun protection.
- Ensure that families and new staff are informed of the school's Sun Protection Policy.

Particular care is taken between 10am and 3pm when UV levels reach their peak during the day. Our Sun Protection Policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, outdoor activities/events will be scheduled to minimise time in direct sun e.g. earlier in the morning or later in the afternoon. Shaded and indoor venues will be considered.

1. Shade

- The school Principal makes sure there is a sufficient number of shelters and trees providing shade in the school grounds particularly in areas where children congregate e.g. lunch, canteen, outdoor lesson areas and popular play areas.

- In consultation with the school council, shade provision is considered in plans for future buildings and grounds. The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to use available areas of shade when outside.
- Children who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.

2. Clothing

- Sun protective clothing is included in our school uniform / dress code and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses. Long-sleeve or rashie vest SPF for outdoor swimming.

3. Hats

- Children and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. (Baseball caps do not offer enough protection and are therefore not recommended.)

4. Sunglasses [SUGGESTED]

- Children and staff 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.

5. Sunscreen

- SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use *[supplied by school and/or families]*.
- Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outdoors.
- Children are reminded to apply sunscreen before going outdoors.

6. Heat Wave

- Drink plenty of fluids: water or diluted juice with water
- Provide Children access to supervised classrooms so they are not outside during recess and lunch for prolonged periods
- Stay indoors with a fan or air conditioner on (Ensure adequate ventilation if using a fan.)
- Keep curtains, blinds and windows closed during the day to keep the rooms cool.
- Heat Stroke-the risk is highest with:
 - High temperatures
 - High humidity and/or
 - Vigorous activity
 First Aid to be applied when applicable

Role modelling

Staff act as role models by:

- wearing sun protective hats, clothing and sunglasses when outside
- applying SPF 30+ broad spectrum, water resistant sunscreen
- seeking shade whenever possible
- Families and visitors are encouraged to use a combination of sun protection measures (sun protective clothing and hats, sunglasses, sunscreen and shade) when participating in and attending outdoor school activities.

The Sun Protection Policy at Australian Islamic college is encouraged all year round and not only in certain times of the year. This will help maintain routine and keep students sun aware.

Curriculum

- Programs (Health and PE) on skin cancer prevention and healthy UV exposure levels are included in the curriculum for all year levels (Slip, Slap, Slop)
- Sun Smart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies, student and teacher activities and on student enrolment.

Review

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

Evaluation

School Principals will review the effectiveness of this policy every year.

They will:

1. Review the sun smart behaviours of students, staff, and parents to make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases for shade provision.
3. Update and promote curriculum materials relevant to Sun Smart activities.

Implementation date: [February 2018]

Review Date: [February 2020]

Next review: [February 2021]

Approved by: [Executive Principal]