



Education and Training

Turner School Sun Protection Guidelines



GUIDELINE TITLE:	Turner School Sun Protection Guidelines
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Rationale and context statement

Turner School is a member of the National SunSmart Schools Program and complies with ACT SunSmart guidelines including educating students about being safe in the sun and a commitment toward developing and/or utilising effective shade areas and practices.

Australia has one of the highest rates of skin cancer in the world and children, with their sensitive skin, are particularly at risk of sunburn and skin damage. Over-exposure to the sun's UVR during childhood and adolescence is known to be a major risk factor for developing skin cancer and damage to eyesight later in life. During the months of August through to May daily UV levels reach 3 or above for part or most of each day, and peak between 10.00 am and 3.00 pm. Correct sun protection practices, as endorsed by the *Sun (UV) Protection for Students Policy* and the *National SunSmart Schools Program*, reduces the risk of skin and eye damage and also ensures that students obtain enough vitamin D from the sun to allow for healthy bone development and maintenance.

Related documents (Policy/policies to be read in conjunction with)

Sun (UV) Protection for Students, (2015) SUVPS201512

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011

Guideline procedures

1.0 Hats

Turner School requires that students and workers wear hats outside whilst attending school, i.e. when UV levels are 3 and above. The best hats are those that protect the neck, ears, temples, face and nose and have a brim of at least 6cms. Common styles that achieve this are broad-brimmed hats, legionnaire hats or bucket hats with a deep crown. Children and workers will be required to wear a hat at recess and lunch and should a child forget to bring a hat to school, they will be required to remain in the shade during the break periods and follow the

Education Directorate's policy of "No Hat, Play in the Shade". Hats will also be required for school excursions or any lengthy period outdoors (e.g. sports and swimming carnivals). The school supports any students who are unable to access for equity reasons a sun safe hat.

1.1 Sunhat cords

Sunhat cords can be caught on fixed playground equipment and are a safety hazard. Families will be requested to purchase hats without cords or to cut off the cords from hats.

1.2 Religious and cultural apparel

Students and staff who for religious or cultural reasons wear other head apparel may combine the use of this with broad brimmed or bucket hats.

1.3 Hat free period

During the period 1 June to 31 July each year, children will not be required to wear hats at recess or lunch. Advice from Cancer Council ACT has confirmed that daily UV radiation exposure in Canberra is very low (under 3) during that time and exposure to UV radiation at recess and lunch is important for childhood development as it may assist with absorption of winter Vitamin D to promote strong and healthy bones. Parents who wish for their children to continue wearing hats during this "Hats Off" period may advise their child's teacher who will work with the student to ensure a hat is worn. Extended outdoor activities will be assessed by Turner School Staff on case-by-case basis. If staff members are concerned that the level of exposure is extended, for example during a sports carnival or long outdoor school excursion, students may still be required to wear a hat to those activities. The school will notify families well in advance if this is the case.

2.0 Turner School uniform

The Turner School uniform has been selected to reflect sun safe options. This includes:

- shirts with collars and min elbow length sleeves. A long-sleeved collared shirt is also available that families can opt to use for summer as well as winter. Cancer Council recommends clothing that covers as much skin as possible.
- The use of a uniform fabric that has a high UV protection rating.

3.0 Sunscreen

Turner School encourages the use of sunscreen at school. The daily application of sunscreen by families is encouraged. Families should apply sunscreen at home before leaving school. Students are able to reapply their own sunscreen at school and will be supported by staff with the time to do this.

3.1 School supplied sunscreen

The school provides sunscreen for application and will have it available at all sporting events and carnivals. Families should notify the school of any allergies their children may have to sunscreen.

4.0 Education program

Turner school will undertake formal and informal education programs aimed at increasing students awareness to the effects of exposure to UV radiation, including its varying benefits and dangers at different times of the year. Teachers will also discuss with children the benefits of shade, hats, appropriate clothing, sunscreen and sunglasses, e.g. Kidskin Education Online Resource.

5.0 Outdoor activities and breaks

Timetabled breaks for lunch and recess are set so that students are out for the longer lunch break earlier in the day and a shorter recess break in the afternoon to minimise extended exposure to UV radiation.

5.1 Timing of outdoor activities

Teachers will organise outdoor programs, assemblies and sporting activities to reduce the time spent outside during periods of highest UV radiation. Outdoor activities should be minimised, when possible, between 11am and 3pm during Terms 1 and 4.

5.2 Shaded areas

Students are encouraged to access shaded areas for play and eating. This is particularly important during peak UV periods. The school has sufficient shade including trees and built structures.

6.0 Swimming and aquatic activities

All students will be required to wear a rash vest or t-shirt while participating in aquatic activities and encouraged to regularly apply sunscreen and wear a broad brimmed hat. Shade is also provided at such events.

7.0 Turner School staff

Turner School staff members will promote and model sun safe behaviours and dress. Staff members are encouraged to choose Generation SunSmart as one of their TQI teacher identified activities. Teachers can also download the free SunSmart App to assist them with accurate daily sun protection times etc.

7.1 Community sun safe practices

Turner School will promote Sun Safe practices with the school community via posters, newsletter reminders and the school website. The school also displays the SunSmart Widget on its website to remind and educate the school community around daily sun protection times in Canberra.

7.2 Work Health & Safety- occupational UV exposure

The school and all workers are aware of their shared responsibility and duty of care when it comes to working safely outdoors. All workers are required to wear sensible clothing that protects skin and a broad brimmed hat when working outdoors. Workers also have access to sunscreen and shade. Closefitting wraparound sunglasses are also recommended and may be worn by staff.

7.3 National SunSmart Schools Program

Our school was awarded National SunSmart status in 2003. As a member of the program, these guidelines will be reviewed by Cancer Council ACT every 3 years. These guidelines will be updated, if required, to maintain minimal SunSmart standards for school settings. Staff and parents can view our school's SunSmart Certificate via Cancer Council ACT's website. Our next guidelines review will be in July 2021.