



SOUTHERN CROSS
— GRAMMAR —

POLICY

**SUN PROTECTION
AND HEAT**

February 2020

Document History

Version	Date	Board / Committee Approval	Approval Date	Summary of Changes
1.0	March 2011	Board	March 2011	Developed
1.1	July 2014	Board	July 2014	Reviewed and updated
1.2	February 2020	Board	15 June 2020	Updating of formatting, logo and general terminology Inclusion of heat protection strategies



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Rationale

Sun

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer. Australia has the highest rate of skin cancer in the world.

Skin cancers account for 81% of all new cancers diagnosed in Australia each year.

Melanoma is the most diagnosed cancer for 15 – 44 year olds.

This policy is followed whenever UV Index levels reach 3 and above. In Victoria, average UV Index levels are 3 and above from the beginning of September until the end of April.

Heat

A range of significant heat-induced conditions occur when the body cannot insufficiently cool itself.

Objectives

The goals of this Sun and Heat Protection Policy are to:

- Increase student and community awareness about skin cancer and sun protection as well as the dangers of heat induced illness
- Encourage the entire school community to use a combination of sun protection and heat measures whenever UV Index levels reach 3 and/or an air temperature above 28 degrees
- Work towards a safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection and heat related behaviours
- Ensure that families and new staff are informed of Southern Cross Grammar's Sun and Heat Protection policy.

Sun Protection Strategies

All students and staff use a combination of sun protection measures whenever the UV Index reaches 3 and above to ensure they are well protected. Particular care is taken between 10 am and 2 pm (11 am and 3 pm daylight saving time) when UV Index levels reach their peak.

Our Sun Protection Policy is considered when planning all outdoor events e.g. assemblies, camps, excursions and sporting events. Where possible, we have outdoor activities or events earlier in the morning or later in the afternoon, or we try using indoor venues.

Shade

Southern Cross Grammar 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, canteen, outdoor lesson areas and popular play areas.

In consultation with the School Board, shade provision is considered in plans for future buildings and grounds.

The availability of shade is considered when planning excursions and outdoor activities.

Students are encouraged to use available areas of shade when outside. Students who do not have appropriate hats or outdoor clothing are asked to stay in the shade.

Clothing

Sun protective clothing is included in the school uniform and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves, longer style dresses and shorts and rash vests or t-shirts for outdoor swimming.

Hats

Students are required to wear hats that protect their face, neck and ears, i.e. broad-brimmed or bucket hats whenever they are outside.

(Please note: Baseball caps do not offer enough protection and are therefore not recommended.)

Sunglasses

Students 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.

Sunscreen

SPF 30+ broad spectrum, water resistant sunscreen is available for staff and student's use. Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours if outside for long periods.

Role Modelling

Staff act as role models by:

- wearing sun protective hats, clothing and sunglasses 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 and sunscreen) when participating in and attending outdoor school activities.

Curriculum

Sun protection and skin cancer awareness programs are incorporated into appropriate areas of the secondary school curriculum and in all levels of the primary curriculum.

Students are encouraged to be involved in initiatives to promote and model sun protection measures to the whole school community.

SunSmart 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.

Heat Protection Strategies

Active play or exercise in the heat can be hazardous and has the potential to cause significant harm. Conditions include: heatstroke, heat exhaustion, dehydration, heat rash or cramps, fainting and reduced concentration.

There are several key factors to be considered when determining risk, including:

- Air temperature
- Humidity
- Radiant heat
- Air movement or wind speed
- Workload
- Age and fitness (younger students are more vulnerable)
- Clothing

Please note: Any outdoor sport activity is to cease at 34 degrees+

Staff should identify any risks and modify the program accordingly by reducing activity, changing location, varying hours, having rest breaks, regular hydration, clothing or seeking refuge.

The most effective way of reducing heat is through a combination of controls.

Review

This policy will be reviewed on an emergent basis or at the end of every 3 years.