INGLEBURN HIGH SCHOOL SUN PROTECTION POLICY

Rationale
Ultraviolet (UV) radiation from the sun can cause sunburn, skin damage, eye damage, and skin cancer. Australia has a high incidence of skin cancer, with two in three Australians developing some form of skin cancer during their lifetime. Overexposure to the sun during childhood and adolescence is known to be a major cause of skin cancer.

The goals of the sun protection policy are to:
- Increase student and community awareness about skin cancer and sun protection
- Encourage the entire school community to use a combination of sun protection measures during all outdoor activities
- Ensure a sun safe school environment that provides shade for students, staff and the school community
- Assist students to be responsible for their own sun protection

Our sun protection strategies:
The sun protection policy is implemented all year round, with a combination of the following sun protection strategies. Particular care is taken from the beginning of August until the end of May during the peak UV times of 10am to 2pm (11am to 3pm daylight saving time) including:

Scheduling outdoor activities
- Where possible, outdoor activities (e.g. assemblies, sport and physical education lessons) are scheduled outside peak UV times of 10am – 2pm (11am – 3pm daylight saving time) with planned activities taking place in the shade or indoors.
- Sun protection is considered when planning all outdoor events e.g. assemblies, camps, excursions, and sporting events. Where possible, outdoor activities are held earlier in the morning or later in the afternoon.

Shade
- The school community is committed to providing shade in the school grounds. Shade is provided near the canteen, hall, senior area and basketball courts.
- The school community will continue to plan for the provision of shade areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students are encouraged to wear sun safe (school) hats while outside during recess, lunch and all sporting activities.
- Students not participating in sporting activities are encourage to sit in shaded areas.

Clothing
- Sun safe clothing is included in our school uniform and sports uniform. School clothing is made of close weave fabric and includes shirts with collars and longer sleeves. Students are encouraged to wear rash vests or t-shirts for outdoor swimming carnivals and students not participating in swimming events are required to sit in shaded areas provided.
Sunscreen
- SPF 30+ broad-spectrum water-resistant sunscreen is available for staff and student use. Where possible, sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours.
- Where possible, staff remind children to apply sunscreen before arriving at school as well as before recess, lunch and going outside.
- The parents of children with sensitivities to some sunscreens inform the school and provide suitable sunscreen for their children’s use.

Sunglasses
- Students are permitted to wear close fitting, wrap around sunglasses that cover as much of the eye area as possible in outdoor areas, preferably meeting the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4).

Role modelling of staff
Staff are asked to role model good sun protection behaviours by:
- Wearing sun safe hats (or using an umbrella), sun safe clothing and sunglasses when outside. Applying SPF 30+ broad-spectrum water-resistant sunscreen before performing recess and lunch duties.
- Seeking shade whenever possible.

Curriculum
- Teachers promote sun safety through PDHPE lessons and all outdoor areas.
- Sun protection information is regularly promoted within the school community through newsletters, school homepage, parent meetings, staff meetings, school assemblies and on student enrolment.
- Families and visitors are encouraged to use a combination of sun protection measures (safe clothing and hats, sunscreen and sunglasses) when participating in and attending outdoor activities including the athletics and cross country carnivals.

Review
- School parent body, staff and students will regularly monitor and review the effectiveness of the sun protection policy (at least once every three years) and revise the policy when required.