



SKIN PROTECTION PROCEDURE

Australia has the highest incidence of skin cancer in the world, with two out of three people developing some form of skin cancer in their lifetime.

Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Much of the damage occurs during childhood and adolescence. Research suggests that severe sunburn is a contributor to skin cancer and other forms of skin damage such as wrinkles, sunspots, blemishes and premature aging. Most skin cancer is, therefore, preventable.

Schools are ideally placed to help reduce the incidence of skin cancer and the number of related deaths by encouraging all members of the school community to use effective skin protection measures.

Aim

The aims of *Crystal Brook Primary School Skin Protection Policy* are to promote among students, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- Awareness of the need for environmental changes in schools to reduce the levels of exposure to the sun.

Action

Avoid prolonged exposure in the direct sun

- Whenever possible, outdoor activities will be scheduled before 10am and after 2pm (11am and 3pm daylight savings time), conducted indoors or in the shaded areas of the school, if practical.
- School assemblies are held in the Gymnasium.
- School events such as concerts and Sports Day are scheduled at times of the day or year to minimise exposure to the sun/UV rays.





Use of shade

- Trees are planted where practical, to offer shade.
- School has portable shade for special outdoor events.
- Students are encouraged to utilise the COLA (Covered Outdoor Learning Areas) during play time. (shelter by Library, Lunch Shed)

Wear appropriate uniform, which protects the skin

- Students will wear a broad brimmed, bucket or legionnaire style hat whenever involved in outdoor school activities. Students not wearing a hat must move to hard covered areas near buildings e.g. verandahs, shelter by Library and Lunch Shed.
- Students not wearing an appropriate hat for Physical Education lessons and excursions out of the school grounds will be provided a hat for the duration of the lesson.
- Siblings and friends are not to borrow hats.
- Classroom teachers will actively encourage all of their students to have a hat at school.
- At any school event where casual clothes/bathers are permitted students must be wearing sun smart clothing to ensure protection from skin damage. (rashies, no singlet tops)

Use of broad spectrum SPF 50 + sunscreen

- Students will be encouraged to apply sunscreen before school in the morning and before going out to lunch (classroom teachers to establish classroom procedures) in terms 1 and 4.
- The school will supply sunscreen, but students are allowed to bring their own sunscreen for personal use.
- Students will be encouraged to reapply sunscreen if they are involved in outdoor activities.
- Students will be encouraged to reapply sunscreen after swimming activities.





Hot Weather Procedures

Staff will remind all students about Hot Weather Procedures during hot weather to provide for the wellbeing of our students when the forecast temperature for Crystal Brook, according to www.bom.gov.au, is 38C or above:

- During lunch breaks students can go to the Hall or Library and hard covered shade areas
- During recess breaks students can go to the Hall or Library.
- Physical Education lessons will be conducted in shaded areas/indoors where possible or be shortened.
- Physical Education lessons or fitness activities will be modified and may be taken indoors.
- Play will not be permitted on the oval at break times.
- Students will be directed to play in shaded areas at break times.
- Students will be reminded about Sun Safety and drinking plenty of water.

Review

The school will review its skin protection policy regularly to ensure information remains current, relevant and to ensure Crystal Brook Primary School is meeting the standards needed to retain the Sun Smart status.

