SUNSMART & EXTREME WEATHER POLICY 2022-2025

Help for non-English speakers
If you need help to understand the information in this policy, please email the General Office cranbourne.east.sc@education.vic.gov.au

SUNSMART POLICY

PURPOSE

The purpose of this policy is to encourage behaviours at Cranbourne East Secondary College to minimise the risk of skin and eye damage and skin cancer.
This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August – end of April)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

POLICY

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)
- peaks during school hours.

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available via a free SunSmart app, or at sunsmart.com.au or bom.gov.au.

Cranbourne East Secondary College has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

Shade

Cranbourne East Secondary College will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- where students congregate for lunch
- the canteen
- outdoor lesson areas

When building works or grounds maintenance is conducted at Cranbourne East Secondary College that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

Sun protective uniform/clothing

Cranbourne East Secondary College's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts

As we are a secondary school, we expect students to take responsibility for being SunSmart by wearing a school hat during outdoor activities or staying in the shade, if they are not wearing sunscreen.

Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Sunscreen

Cranbourne East Secondary College encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors and reapplied every two hours according to manufacturer's instructions.

At Cranbourne East Secondary College students are welcome to attend First Aid room, Admin Assistant offices in Green, Orange and Yellow buildings to access sunscreen.

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

EXTREME WEATHER POLICY

Rationale

Cranbourne East Secondary College recognizes the ways in which heat affects the body and its ability to maintain a constant core temperature. These effects are only made worse when completing physical activity. During hot and humid days many students feel the effects of the heat while participating in practical P.E. Over exposure to the sun presents a serious health risk. Students must therefore be educated as to the need for suitable sun protection, and protected from over exposure to the sun whilst at school.

Reviewed & Ratified: Term 1 2022
Date of Next Review: Term 1 2025

Objectives

- To ensure that PE teachers are aware of the impact these hot humid days may have on various students.
- To ensure processes are in place to prevent these effects from occurring during periods of hot weather.
- To educate students as to suitable sun smart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.

Guidelines

- An Extreme Weather Day, which may include extremes of heat and/or wind and rain, will be announced by a member of the PCO team. During recess or lunch students will be directed to designated areas within the school buildings. Supervision of students on these days is organised by Year Level Leaders.
- On hot days, If the temperature is between 32-34◦ before the start of class time, the teacher will be able to complete their planned practical class providing only light activities are being completed, i.e. Skill activities, small field games. Water breaks will be given to students.
- When the temperature reaches between 35-36◦, the teacher will seek a sheltered area or stay inside to complete practical class. A teacher may also decide to continue to go outside as long as only light activities are being completed and for less than 30 minutes.
- If the temperature reaches 37+◦ during the lesson or has already reached this before the lesson commences, teachers will need to bring their classes into the gym for practical class. Only light activities will be completed inside.
- Children will be encouraged to wear School Council approved school uniform including hats, during terms 1 and 4 whenever they are outside.
- Children will be actively encouraged to wear a broad-spectrum water-resistant sunscreen (SPF30+). This will be provided in designated areas across the college.
- School Council also approves students wearing close fitting UV protection wrap around AS1067 sunglasses whenever they are outside.
- The School Council will provide adequate shade structures for students as practicable; particularly over high-density areas such as sport areas and eating areas around the College.
- The school newsletter, website and school assemblies will be used to highlight and reinforce the sun smart message.

Communication

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Reminders in our school newsletter
- Included in staff induction processes
- Included in staff handbook/manual
- Hard copy available from school administration upon request

POLICY REVIEW AND APPROVAL

Policy last reviewed	Term 2 2022
Reviewed by	Craig Allender
Next scheduled review date	Term 2 2025 - review cycle for this policy is 3 to 4 years
Approved by	School Council

Reviewed & Ratified: Term 1 2022
Date of Next Review: Term 1 2025