



KIRWAN STATE HIGH SCHOOL

SUN SAFETY AND HEAT POLICY

Rationale

Australia is the skin cancer capital of the world. Skin cancer accounts for over 80% of all new cases of cancer diagnosed in Australia each year. In Queensland, the UV Index is typically at damaging levels (that is usually above 3) during school hours all year. Reducing students' sun exposure is the most effective way of reducing their risk of developing skin cancer and heat related illnesses.

Clothing

Students are required to wear protective clothing, including appropriate hats, when outdoors during the school day and during school-related activities (for example, excursions/camps) to reduce students' exposure to the sun, including the following strategies:

Hats

- Students are required to wear appropriate hats when outdoors. The only exceptions when playing sport are when a hat reduces visibility or interferes with activity skills and therefore poses a risk to students' safety or performance; or when wearing a hat is not possible because other headwear is required to be worn for religious or safety reasons. Under these circumstances, students may remove their hats for the duration of the activity, ensuring they have applied sunscreen to uncovered skin (ideally 20 minutes) prior to participating.
- The school has a formal broad brimmed hat and a bucket hat to purchase from School Locker, Domain.
- Staff remind students to wear hats before and during lunch breaks if they are not in an undercover area, and to and from outdoor activities.
- Students who do not have hats for practical lessons will be supplied a hat by their teacher to wear for the lesson.
- Students who regularly fail to bring their own hat for practical lessons will be issued a consequence by the teacher and parents/carers will be contacted.
- Students that do not have hats for lunchtimes, will play only in an undercover area that provides sufficient shade to protect them from the sun.

Shirts

- Students are to wear appropriate sleeved shirts for all practical lessons and lunchtime activities in the sun. No singlets are permitted to be worn in the sun. These shirts must follow the school's uniform policy for practical lessons.
- Students are required to wear sun safe clothing to all sporting carnivals and events.

Swim Shirts

- Students are required to wear swim shirts/rash vests during all water-based activities occurring at outdoor venues, except during their race/s at competitions and carnivals.

Sports Academy

- The school has a Sports Academy cap to purchase from the school's office. These caps are designed to be worn when playing sport when the school's bucket hat reduces visibility or interferes with activity skills and therefore poses a risk to students' safety or performance. These caps may be worn around school along with the school's bucket and formal hats.
- The Sports Academy training long sleeve or short sleeve training shirt must be worn in all sports academy practical lessons. The school encourages students to wear the long sleeve sports academy training shirt during activities and lessons that are in the sun.

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Shade Provision and Use

Our school maximises the use of available shade for outdoor activities:

- Sports activities are scheduled in the Excelsior Centre, Quad, Multi-Purpose Centre and Athletic Development Centre when available and appropriate.
- If permanent shade is unavailable, temporary shade structures are utilised as necessary for outdoor events such as sports carnivals.

Education

Our school provides educational programs on sun safety and preventative measures through the following strategies:

Curriculum, teaching and learning

- Sun safety is formally taught as part of the implementation of the Australian Curriculum through Health and Physical Education (HPE).
- Staff include the risk of exposure to UVR in their curriculum activity risk assessments for outdoor activities, which includes ensuring that adequate shade is available where possible.

Incidental teaching and promoting sun safe behaviours

- Incidental teaching of personal sun safety strategies occurs in all year levels as part of the school routine on a regular basis.
- Staff have conversations about the importance of sun safety behaviours with students as part of playground duty.

Staff

- Staff are informed about the school's Sun Safety and Heat Policy and its requirements as part of their playground duty requirements.
- Teachers leading outdoor lessons and staff on playground duty will act as good role models by wearing a hat and sun safe clothing.

Sunscreen Provision

Our school recognises the importance of sunscreen use as a sun safe measure and implements the following strategies:

- The school supplies SPF 30 or higher broad-spectrum, water-resistant sunscreen for student use. This is provided in sunscreen dispensers around the school.
- Sunscreen is available from teachers in sport, HPE and other outdoor lessons.
- Parents/carers are encouraged through social media and newsletter items to have their children apply sunscreen before school.
- Parents/carers are encouraged through social media and newsletter items to have their children apply additional sun safety and heat measures before inter-house sports carnivals.
- Additional sunscreen stations are set up at inter-house sports carnivals.

Modelling sun safe behaviours

Our school promotes the importance of parents/carers, teachers, non-teaching staff, volunteers and other adult supervisors as role models for students using the following strategies:

- All staff and P&C members are encouraged to consider the use of shade, sun safe hats and clothing, sunglasses and sunscreen when doing their duties, running outside activities, and when on excursions/camps.

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- Parents/carers are encouraged to have their children apply sunscreen before they come to school and provide personal sunscreen for their children to use at school.

Excursions

- Sun safety and heat will be addressed in the risk assessment of excursions.
- Appropriate sun safety and heat measures will be documented in the risk assessment and implemented.
- Student sun safety and heat expectations will be communicated in the excursion permission and information form prior to the excursion.

Heat Considerations

- In any sporting or outdoor activity, the risk of heat stress increases with rising air temperature. This is the case for participants, officials and volunteers.
- Factors which need to be considered before cancelling or postponing a sporting event include but are not limited to:
 - the temperature – both ambient temperature and relative humidity;
 - the duration and intensity of the event (for example, an endurance or distance event has more potential for problems than a stop-start team event);
 - rest and drink breaks;
 - time of day;
 - local environment;
 - acclimatisation of the participants (students visiting from colder climates may not cope well with the hot, humid conditions of some northern coastal regions)
 - fitness levels of participants; and
 - age and gender of participants.
- If the ambient temperature is between 31 and 35 degrees Celsius and the relative humidity is over 50%, there is high risk of heat illness. Planned vigorous, sustained physical activity should be limited in intensity and duration to less than 60 minutes per session.
- If the ambient temperature is over 36 degrees Celsius and the relative humidity is over 30%, there is an extreme risk of heat illness. Planned vigorous, sustained physical activity should be postponed to a cooler part of the day or even cancelled.
- Parents/carers will be notified of the postponement or cancellation of events through various measures as soon as practically possible.

Cost Considerations

Kirwan High provides funding for sun safety using the following strategies:

- School funding is allocated annually to enable the purchase of sunscreen for each HPE and Sport class for the whole school year. Funding is also allocated to enable the purchase of sunscreen for other subject areas if required.
- School funding is allocated annually to enable the purchase of sunscreen for the school's permanent sunscreen dispensers.

Costs for sunscreen will be recovered in line with the Student Resource Scheme.

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Consultation

The Kirwan State High School Sun Safe and Heat Policy was developed in consultation with the school community, including:

- Teaching and non-teaching staff;
- Student Council;
- Parents and Citizens (P&C); and
- School Council.

Review

The Kirwan State High School Sun Safe and Heat Policy will undergo annual minor updates to reflect changing circumstances, data and staff.

A fulsome review is conducted in line with the scheduled review process for the School Planning, Reviewing and Reporting Cycle.

Endorsement

The Kirwan State High School Sun Safe and Heat Policy has been informed by:

- Department of Education Guidelines for developing a school Sun Safety Policy;
- Department of Education Managing excessive heat in Schools' guidelines;
- Department of Education Code of Conduct for Staff; and
- Kirwan State High School Student Code of Conduct.

Endorsed by:



Heather Murry
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School Captain



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