

Lameroo Regional Community School

Sun Smart Policy

Preamble

Exposure to the sun can be potentially dangerous. The Lameroo Regional Community School Sun Smart Policy has been developed to meet the safety and welfare needs of students and staff and encourages members of the school community to also wear protective hats and appropriate clothing.

Australians, The Sun & Skin Cancer

Australia has the highest incidence of skin cancer in the world with two out of three Australians developing skin cancer at some time in their life. Approximately 1,000 people in Australia die each year of skin cancer – 800 of those from malignant melanoma, the most serious form of skin cancer.

Skin Cancer Prevention

The message for everyone, young and old is:

Stay Out of the Sun Between 11:00a.m. – 3:00p.m.

and, when you're in the sun:

Slip on a shirt

Slop on a SPF30+ Broad Spectrum Sunscreen.

Slap on a wide-brimmed hat

Sunscreens should be applied to clean, dry skin at least 10 – 15 minutes before going out in the sun.

Re-apply sunscreen regularly (around every 2 hours) especially after swimming or during vigorous exercise, again ensure the skin is clean and dry.

Making sure that outdoor areas are shaded either with trees or artificial shade can also help protect children and adults from the sun.

Early Detection of Skin Cancers is Important!

Over 99% of skin cancers can be cured if detected and treated early. Anyone who has a sore that doesn't heal within 4 weeks, or who has a new spot, a mole or freckle that changes shape, size or colour should consult his or her doctor.

For further information on Skin Cancer contact the

The Cancer Council SA on 08 829 4111 (phone) or 08 8291 4122 (fax) or www.cancersa.org.au

Sun Smart Policy

Lameroo Regional Community School has a Sun Hat Policy which stresses the importance of all students and staff wearing suitable hats for sun protection from September 1 until the end of Term 1 the following year..

Children do not have to wear a hat during other times, but if UV is 3 or above, they must stay in shaded areas.

When UV levels are below 3 during terms 2 & 3 class teachers will take R-7 students outside for fitness daily to ensure they get adequate vitamin D.

For example:

- Outdoor assemblies
- Recess and lunch breaks where no shade is available;
- All outdoor physical education and sport activities;
- Swimming, athletics and cross country activities at school, district, regional and state levels;
- Excursions, camps and gala days

The Sun Smart UV alert will be checked prior to all outside school events and will determine protective factors as usual.

Hats must be broad-brimmed style giving protection to the face sides and back of head and neck. Broad brimmed hats can be purchased from the Front Office at school. Baseball hats do not provide adequate protection. The type of hats to be worn are free choice, however, those advertising drugs, or having offensive messages are not permitted.

School organised outdoor events e.g. swimming and athletics carnivals must have provision for sun shelter for the students in house bays or, whenever possible, these events occur before 10:00a.m. or after 2:00p.m. (11:00a.m. – 3:00p.m. daylight saving time).

Students and staff are to wear protective hats and appropriate clothing when spending more than ten minutes in the outdoors or stay in the shade.

Sun Smart Education is a whole school priority and incorporated into the Health and Personal Development learning area and reinforced through cross curricula activities.

School Council ratified the Lameroo Regional Community School Sun Smart Policy and it was reviewed in 2012. The policy is published in school newsletter no. 1 as well as the school information to parents booklet and school prospectus

Please remember:

TEMPERATURE IS NOT ASSOCIATED WITH U.V. LEVELS.

The air temperature rises during the day as a result of the earth being heated by the sun's infrared rays.

The maximum daily temperature usually occurs during the mid to late afternoon whereas Ultra Violet Radiation (UVR) occurs around midday. **Extreme care will be taken when UVR levels are 3 or over.**

You can still be burnt on a cloudy day: Skin damage can still occur on days with a thin cloud cover. The cloud scatters the UVR in all directions and although you receive less direct UVR, you may receive more indirectly. Heavy cloud does decrease the amount of UVR but scattered cloud has little or no effect on UVR levels.

We are Sun Smart because –

Australia has the highest incidence of skin cancer in the world with one out of two Australians developing skin cancer during their life. Everyone is at risk of damaging their skin and consequently developing skin cancer through over exposure to the sun. Australian sunshine is so strong that everyday activities can be hazardous if the skin is not protected. As research has shown that there is a link between childhood sunlight exposure and skin cancer in adulthood, protection is most important for children.

There are four factors contributing to the high incidence of skin cancer in Australia.

1. The population is predominantly fair – skinned.
2. Ultraviolet light from the sun is of sufficient intensity to induce skin cancer in the susceptible population.
3. For most of this century social values have supported the belief that a suntan is healthy and attractive.
4. Lifestyle, work, school and recreation habits expose people to the sun for long periods.

Due for Review: 2015

SKIN CANCER FACTS

1. *On average, just five doses of sunburn can double your risk of melanoma.*
2. *In Australia, sunburn can occur in as little as 15 minutes on a fine January day.*
3. *Proper sun protection in childhood can prevent 20% of melanomas.*
4. *Nearly 80% of person's lifetime sun exposure occurs before the age of 21.*
5. *At least 50% of sun exposure occurs before the age of 18.*
6. *Solariums can emit UV radiation up to five times as strong as the summer midday sun.*
7. *Apply adequate amounts of broad-spectrum sunscreen 20 minutes before going outdoors to give protective elements time to bond to your skin.*
8. *Many Australians apply too little sunscreen. This results in sunscreen users achieving an SPF of between 50-80% less than that specified on the product label.*
9. *People should apply 2mg sunscreen to each centimetre² of exposed skin. This equates to approximately a tablespoon for every limb, more for the body.*
10. *An SPF 30+ will block out 97% of UVB rays. An SPF 15 will block out 93% of UVB rays.*
11. *All car windscreens block out 100% of UVB providing protection equivalent to an SPF 50+. Side windows are equivalent to an SPF 12. Window tinting of side windows can increase protection up to an SPF 50+ by blocking all UV rays.*
12. *A natural tan offers limited sunburn protection; usually an average of an SPF 4 depending on the skin type. A solarium tan (after exposure to predominantly UVA) offers virtually no protection against sunburn or skin damage.*
13. *Tanning without burning will still cause irreparable DNA and skin damage that will lead to premature ageing and could potentially cause skin cancer.*
14. *A majority of the visible signs of ageing are the result of damage to the skin caused by exposure to UV.*
15. *Early detection is crucial if skin cancer is to be cured. Over 90% of all people diagnosed and treated for melanoma survive for five years, a sign of successful treatment.*
16. *Relative five-year survival rates for melanoma are 95% for Australian women. Survival rates have risen significantly since the early eighties as a result of early detection.*
17. *Australians who have not previously been diagnosed with skin cancer should examine their skin for suspicious spots four times a year.*
18. *Skin cancers account for around 80% of all new cancers diagnosed each year in Australia.*
19. *Over 13 million years of life are lost as a result of melanoma, an almost totally preventable disease.*

20. *Skin cancer costs the national health system \$300 million annually*
21. *Most people get sunburnt when the temperature is between 18-27 degrees.*
22. *80% of all new cancers are skin cancers.*
23. *8 out of 10 cancers that are diagnosed in Australia are skin cancers.*
24. *Exposure to the sun to attain vitamin D varies according to the skin type. Generally, darker skinned populations need 15 minutes a day to receive adequate levels. Certain other groups such as pregnant women and older adults may also require increased levels of exposure but this should always be advised by a doctor.*