Sun Protection Strategy

Rationale

Since Queensland has the highest rate of skin cancer in the world and with research suggesting melanomas occurring in Australia could be prevented if children were protected from the sun during their first fifteen (15) years, the Buderim Mountain State School realises the need to protect children’s skin and educate them about SunSmart behaviour thus reducing the risk of skin damage from exposure to the sun.

The purpose of this Strategy is to ensure that all children attending our school are protected from the harmful effects of the sun throughout the year. Therefore, the implementation of this policy will be conducted throughout the year.

Aims

• provide ongoing education that promotes personal responsibility for skin cancer prevention and early detection
• Provide environments that support SunSmart practices
• Create an awareness of the need to reschedule work commitments and outdoor activities to support SunSmart practices.

Our Commitment

To reinforce this Strategy, our commitment therefore will:

• inform parents of the school’s SunSmart policy when a child is enrolled and how it will impact on their daily routine
• include the SunSmart Strategy statement in the school Prospectus
• increase the amount of shade in the school grounds, where possible by building shelters and planting trees
• incorporate education programs that focus on skin cancer prevention and early detection into the school curriculum
• encourage all teachers and staff to act as positive role models of SunSmart behaviour
• seek ongoing support from parents and the school community for the SunSmart Strategy and its implementation, through newsletters, parents meetings etc
• ensure that all students and staff wear hats
• encourage students without adequate sun protection to use shaded or covered areas during outdoor play
• review the SunSmart Strategy annually
• Feedback from teachers and parents to be documented and considered when making changes
• Invite parents to make suggestions to improve the SunSmart Policy and its implementation
• Inform parents of new developments in melanoma and skin cancer research through the school newsletter.
• Comply with Sun Safe designs for uniforms – collars, long sleeves, made of SPF fabric
• Proposed introduction of broad brimmed hats as from 2003

School’s Responsibility – Our Responsibility

All school children will:

• be aware of the school’s SunSmart Strategy
• use shade and covered areas, where possible, for outdoor play
• take responsibility for their own health and safety by being SunSmart
• comply with SunSmart rules and guidelines by wearing suitable hats, sunscreen and clothing
• act as positive role models for children and parents in all aspects of SunSmart behaviour
• assess and make necessary changes to SunSmart Strategy annually

Morning Tea

• NO hat NO outdoor play occurs. Children without hats must remain in the covered games areas.
• School uniform design takes into account the Sun Safety Strategy
• Encourage children to play in shaded areas especially on very hot days.
• Encourage the children to drink often.

Lunch

• NO hat NO outdoor play occurs. Children without hats must remain in covered games area.
• Teacher to remind children of the need to drink lots of fluids during the lunch break.
• School uniform design takes into account the Sun Safety Policy.
• Encourage all children to play in shaded areas especially if weather becomes very hot.

School Sport

Year 6 Elective (Hobby) Sports - Term 1
Children are asked to wear appropriate clothing to their respective sports venues
eg Children learning tennis activities are asked to wear sporting uniforms which include collars and long sleeve shirts, sandshoes and socks, sunscreen lotion and sporting hats. Water is available at any time during that session.

Year 7 Elective (Hobby) Sports - Term 4
Children who participate in these activities are asked to bring waterbottles, sunscreen lotion and appropriate clothing.

Teachers who accompany students to respective venues and activities are asked to reinforce sun safety including hydration throughout the sessions.

Activities are designed and organised by qualified instructors who also have a “duty of care” in respect to sun safety and hydration.

Teachers also should become familiar with the D.O.E.M’s relevant to their specific sport for safety reasons.
Interschool Sport
Term 2
During Term Two (2) children in Year 6 & 7 are asked to select a sport that they wish to pursue and enjoy, competing against other school sporting teams in that sport.

Teachers who select and coach teams during Term 2, are asked to become familiar with the D.O.E.M’s relevant to their specific sport. These D.O.E.M’s are guidelines that should be adhered to for safety and legal reasons.

Children are encouraged to bring a water bottle and/or lunch while competing at each of the nominated sporting venues.

Convenors ensure all sporting venues are safe to play on and facilities are sound for use. Convenors also convey information to all teachers and children concerned about shade, hydration, availability of water and other fluids as well as safety measures such as protective equipment (e.g. mouth guards, shin guards, ice and first aid equipment).

Camping
Throughout our school camping programme, we travel away to designated venues that are pre-booked. Each camp venue and its activities are organised by skilful leaders.

Teachers on these camps use checklists for children so that camps run smoothly and efficiently. Each camp also has rules and regulations which are strictly adhered to for safety reasons for everyone.

Please find attached a copy of an excursion packing list that goes out to all children attending camp. Throughout this list please note that the list specifies specific sun safety items that are continually reinforced by teachers to the children throughout the camp.

Junior Sports Days and Swimming Carnivals
Wearing hats and appropriate sportswear for sports days (Includes hat and sunscreen) Eating morning tea in a shaded area. Providing sunscreen on oval for use by children. Carrying water bottles for themselves from activity to activity. All children must wear a shirt when not swimming and are encouraged to supply and apply personal sunscreen.

Senior Sports Day and Swimming Carnivals
Four(4) large tarpaulins erected for Sports Day. (one for each sporting house) for sun protection throughout the day. Children are reminded over the P.A. system at regular intervals to keep applying sunscreen and drinking plenty of fluids as well as keeping hats on while not participating. Water is available on the oval for children to utilize throughout the day.
Education
During the year children from P-7 will be reminded of the importance of sun safety through class discussion and reminders given out at Sharing Parade.

Outdoor Activities
All excursions are organised at pre-booked venues and children are required to wear appropriate sunsafe clothing and apply a sunscreen at appropriate intervals. Water bottles are required where taps are not available.

Parents Responsibility

- Provide a suitable hat for your child and ensure he/she wears it to and from school
- Ensure your child applies 30+ Sunscreen before leaving for school and has enough to apply before he/she goes out for lunch.
- Teach your child to apply sunscreen.
- Be a positive role model and support the school policy
- Positively encourage Sun Safe behaviour at all times – slip, slop, slap, slurp…..
- Make sure your child’s clothing gives adequate protection from UV rays.
- Encourage the issue of shade – trees and structures
- Encourage children to engage in activities out of the sun during the dangerous times of the day 10am – 2.00pm if possible or provide appropriate protection from sun during these times.
- Take an interest in planning and providing a Sun Safe environment.
- Help in the formulation/amending of the Sun Safe Policy.
Students Responsibility

- Children to be aware that they are responsible for their own health and safety.
- Comply with Sun Safe rules and guidelines eg. wear a hat.
- Support each other and observe Sun Safe practices.
- Wear suitable Sun Safe clothing.
- Seek shade for activities
- Wear a dark T-shirt, made of high SPF fabric and sunscreen when swimming.
- Be more positive role models for other students. Encourage others to be sun safe.
- Help in the formulation/amending the Sun Safe Policy.
- Upper school children prepare and deliver talks to other classes on Skin Cancer/Sunburn/Sun Protection.
Hydration Guidelines

Introduction

Buderim Mountain State School Sports Programs provide both sporting and educational opportunities for students. The purpose of these guidelines is to ensure that students become aware of the benefits of proper hydration before, during and after physical activity.

It is essential therefore that all team management at Buderim Mountain State School events ensure that students are not placed at risk and are properly hydrated before participating in physical activity.

Key Messages

The following messages should be used to help convey the benefits of proper hydration.

“Thirst is a poor indicator of fluid needed”

“Hydrate before, during and after play”

Suggested Procedures

The following procedures are suggested for all Queensland School Sport events:

- Host schools should ensure that water is available at all venues at all times and if necessary, water carriers should be provided during matches. Other fluids which may be used include diluted sports drinks, diluted cordial and diluted fruit juices. **Carbonated drinks should not be used.**
- The procedures to be followed for providing fluid to students during competition should be clearly identified at the pre-event meeting.
- Sports which do not have appropriate scheduled re-hydration strategies (e.g. drink breaks) should implement strategies for allowing fluid to be provided to participants during matches.
- Scheduled breaks in matches should be used to actively promote the benefits of hydration to participants.
- Where possible, team management should actively promote the use of interchange rules as a tool to prevent dehydration.
- Participating teams may designate their own water carriers. These may be adults but cannot be the team coach.
- No water carrier is to engage in the coaching of individuals or the team whist on the field of play.
- District School Sport Organisations should ensure that all their teams are provided with individual water bottles for every event. During matches, these should be located immediately next to the playing area to enable players to help themselves (at appropriate times) during matches.
- Children are allowed to bring water bottles into the classroom

Remember - Drink until your urine is clear!!