



# SUNSMART

## POLICY

### **Rationale:**

- 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. The French School of Sydney is committed to reducing exposure of students and staff to the sun's harmful ultraviolet radiation (UVR) throughout the year, thus reducing the lifetime risk of cancer.

### **Aims:**

- To educate students as to suitable sunsmart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.
- To promote sun safety and protection from UVR through a comprehensive and collaborative approach, including consideration of the school's outdoor environment, organisation of activities, curriculum content and education of students, staff and parents.

### **Implementation:**

- All primary students will be required to wear hats or caps whenever they are outside.
- Children without hats/caps will be restricted to play in designated shaded areas.
- Children and staff will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). Sunscreen will be provided in each classroom, and on excursions.
- The Management Committee will provide adequate shade structures for students as practicable; particularly over high density play areas.
- The school ensures minimum exposure to the sun between 11.00 am and 3.00 pm and sports activities are scheduled to avoid peak UVR times. Outdoor activities are held in shaded areas wherever possible.
- During sport activities it is obligatory to wear the sports uniform which is designed to provide maximum sun protection (white cotton T-shirt, loose fitting shorts and hat).
- During breaks, before and after sports activities, students are encouraged to drink plenty of water to diminish the risk of dehydration.

### **Note:**

Heat exhaustion is a serious health risk. There are common sense steps that teachers and students can take to minimise the risks.

If a student is exhibiting signs of heat exhaustion (e.g. high heart rate, dizziness, loss of endurance, confusion, nausea, cool skin paler than normal, cramps), take the following action :

- remove student from the field,
- lay him/her down in a cool place,
- give him/her plenty of cool water,
- if the student is confused or unable to drink water, seek medical help immediately

If a student is showing any symptom of heat stroke (e.g. dry skin, confusion, collapsing), take the following action :

- call a doctor or ambulance immediately,
- remove the student from the field and lay him/her down in a cool place,
- give him/her cool water to drink, if conscious,
- cool the student by putting him/her in a cool shower, applying wrapped icepacks to the groin and armpits or use wet towels,
- maximise airflow over the student through the use of a fan or fan him/her with towels.