

5.09 Sun Protection

The school recognises the health risks to students and staff in relation to exposure to the sun and encourages them to be aware of the need to seek shade and/or protect themselves from the sun during high-risk times.

Guidelines:

1. Students and staff are strongly encouraged to wear protective clothing, as far as possible, during exposure at high-risk times.
2. Students must wear pōtai / hats when they are engaged in school activities, and are exposed to the sun at high-risk times.
3. Students and staff are strongly encouraged to use sunscreen during outdoor activities at high-risk times. The school will provide sunscreen during organised activities or programmes.
4. Information to parents, caregivers and students will promote sun awareness.

PROCEDURES:

Sun safety is a very important issue for all members of Ao Tawhiti Unlimited Discovery.

During Terms 1 and 4, Ao Tawhiti Unlimited Discovery will ensure it meets the intent of its policy guidelines through the use of these procedures

Learning Advisors are to:

- Act as role models by using appropriate hats during outdoor school activities
- Wear sunscreen and sunglasses
- Promote Sun Smart procedures with students
 - Wear a hat during all outdoor activities
 - Strongly encourage wearing Sun Smart clothing – shirts with collars, long sleeves, longer shorts etc. Encourage the use of sunblock when going outside – the class is provided with a bottle of sunblock to use
 - Put information in learning spaces to promote the: Slip, Slop, Slap, Wrap procedures for Sun Smart behaviour
 - When they are outside, strongly encourage students to sit in the shade to eat their lunch
 - At swimming, those children at the pool wear sunblock and rash shirts – any children not swimming sit under the shade. Where shade is not present, students must wear a shirt, hat and sunblock
- Inform visitors and parents
 - Encourage parents to model sun safety when they are in school:
 - appropriate hats
 - sunglasses
 - sunblock

- Place sunblock in their child's bag to encourage regular use. Sun Smart reminders will be placed in school newsletters to inform parents.
- Planning an outside event
 - Follow the procedures from "Sun Smart Schools Programme from the Cancer Society" (see below)

Sun Smart Schools Programme from the Cancer Society

- Each year, thousands of New Zealanders are exposed to dangerous levels of ultraviolet (UV) radiation while attending community events held outdoors between September and March. As the organiser of an outdoor event, you can help protect your students, staff and parents by adopting a few simple sun protection measures.
- Use the following checklist of sun protection actions when planning your event and help to make it a 'SunSmart' event.
- **Event Organisation:**
 - Plan to make an early start. UV rays are most dangerous in the middle of the day (11 a.m. – 4 p.m.), so get most of the work done in the morning.
 - Evaluate existing levels of natural shade at your site by looking at sun patterns while your event is held. Note where shade falls and take advantage of this existing shade by placing registration tables and drinks areas in shaded areas.
 - If your site has little natural shade from trees and buildings, organise to provide additional temporary shade structures such as marquees and umbrellas. *(The Cancer Society has umbrellas available for loan.)
 - If you set up an area for drink breaks or a BBQ lunch, ensure it is in the shade. Any special presentations, prize draws, or speeches should occur in an area that allows participants to stand in the shade.
 - Encourage participants to come prepared for the outdoors, rain or shine. In your pre-event promotions, remind participants to BYO broad-brimmed hats, sunglasses and sunscreen. A water bottle is also important in hot conditions.
 - Organise for some SPF 30+ sunscreen to be available on-site for those who forget to bring their own. Place it in a central location and remind people to apply and reapply regularly. (Contact the Cancer Society to purchase sunscreen or to loan sunscreen dispensers.)
- **Staff/Volunteers:**
 - Encourage and remind staff/volunteers to bring and wear hats with broad brims and sunglasses.
 - Encourage staff/volunteers to wear SunSmart clothing which has a collar, sleeves to protect arms and long shorts to protect legs.

- Encourage staff/volunteers to apply and reapply SPF 30+ sunscreen and lip balm.
- Encourage staff/volunteers to rotate tasks between shaded/indoor areas and outdoor exposed activities so the same volunteers are not in the sun all day.
- Encourage staff/volunteers to take breaks in the shade or indoors.
- Encourage staff to lead by example. If they are appropriately dressed for working outdoors, it sends a positive message to all participants.
- **At the event:**
 - Nominate a volunteer or staff member to roam around the site regularly with sunscreen to encourage participants to reapply.
 - If you have a public address system operating or a loudspeaker, make regular announcements reminding participants about the need to be sun-protective.
- **Public Announcements – SunSmart Events**
 - General message
 - Take care today to be SunSmart! A dose of sunburn is the last thing you need. It's easy – you've just got to remember to slip, slop, slap, and wrap: Slip into a shirt and some shade Slop on loads of sunscreen Slap on a hat Wrap on some sunnies
 - Shade message
 - Have a great time today – and remember to protect yourself from the harsh sun. If you think you've been in the sun a bit long – make the most of the shade we've provided. Be SunSmart – Slip into some shade.
 - Sunscreen
 - A quick reminder – you'll put a bit of sunscreen on before coming here today ... keep an eye on the time and sun. It might just be time for you to re-apply it. Be SunSmart – slop on loads of SPF 30+ sunscreen.
 - Hat
 - It's good to see you all here today – and it's great to see people wearing their hats. There's nothing like a great hat to help protect yourself from the sun. Be SunSmart – slap on a hat.
 - Sunnies
 - There's plenty to see here today – and one way of making sure you don't miss anything is to have a decent pair of sunglasses on. A good pair of sunnies will help protect your eyes – and help you catch all the action. Be SunSmart – wrap on some sunnies.
 - UV Index
 - Here's something you might like to check out when you've got a spare moment – if you've got internet access, check out www.sunsmart.org.nz It's free, and you'll get the current

Ultraviolet Index back with some SunSmart messages. Be SunSmart – protect yourself when the UVI is 3 or above.

- Unique conditions
 - We hope you have a great time here today – that’s why we want you to keep an eye on the sun. The last thing we need is for your day to be ruined by sunburn. New Zealand’s unique conditions mean we must be careful about protecting ourselves. We’re exposed to many harmful UV rays – so we’re vulnerable to skin damage. Be SunSmart – slip, slop, slap, and wrap.
- Cloud
 - The weather in this country can be pretty changeable. Sunshine one minute – cloud the next. Don’t be fooled by the cloud – even when there’s a cloud around, you can still get sunburned. That’s because Ultraviolet Rays are still around even on cloudy days, and they’re what do the damage. This summer, be SunSmart – slip, slop, slap and wrap ... even when it’s cloudy.

Signed: Danette Wereta, Board Chair

Date: September 2023

Review schedule: Triennially

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