



SUNSMART POLICY and EXTREME WEATHER

Rationale

Cranbourne East Secondary College recognizes the ways in which heat affects the body and its ability to maintain a constant core temperature. These effects are only made worse when completing physical activity. During hot and humid days many students feel the effects of the heat while participating in practical P.E. 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.

Objectives

- To ensure that PE teachers are aware of the impact these hot humid days may have on various students.
- To ensure processes are in place to prevent these effects from occurring during periods of hot weather.
- To educate students as to suitable sun smart protection strategies.
- To encourage children and teachers to protect themselves from the harmful effects of the sun.

Guidelines

- An Extreme Weather Day, which may include extremes of heat and/or wind and rain, will be announced by a member of the PCO team. During recess or lunch students will be directed to designated areas within the school buildings. Supervision of students on these days is organised by Year Level Leaders.
- On hot days, If the temperature is between 32-34° before the start of class time, the teacher will be able to complete their planned practical class providing only light activities are being completed, i.e. Skill activities, small field games. Water breaks will be given to students.
- When the temperature reaches between 35-36°, the teacher will seek a sheltered area or stay inside to complete practical class. A teacher may also decide to continue to go outside as long as only light activities are being completed and for less than 30 minutes.
- If the temperature reaches 37+° during the lesson or has already reached this before the lesson commences, teachers will need to bring their classes into the gym for practical class. Only light activities will be completed inside.
- Children will be encouraged to wear School Council approved school uniform including hats, during terms 1 and 4 whenever they are outside.

Pregnant Student policy (Continued)

- Children will be actively encouraged to wear a broad-spectrum water resistant sunscreen (SPF30+). This will be provided in designated areas across the college.
- School Council also approves students wearing close fitting UV protection wrap around AS1067 sunglasses whenever they are outside.
- The School Council will provide adequate shade structures for students as practicable; particularly over high density areas such as sport areas and eating areas around the College.
- The school newsletter, website and school assemblies will be used to highlight and reinforce the sun smart message.

Evaluation:

The effectiveness of this policy will be reviewed as part of the College's four-year review cycle