



# KILLESTER COLLEGE

## HOT WEATHER POLICY

### PREAMBLE

Australia has the highest incidence of skin cancer in the world, with two out of three Australians developing some form of it during their lifetime. Tragically, more than 1200 people die of skin cancer each year. It is estimated that more than 75% of all these could be prevented by practising sun protection in adolescence. Due to students being at school when ultraviolet radiation levels are highest, it is important to minimise sun exposure at various times throughout the day. In addition, during times of high heat, the prevention of dehydration and heat exhaustion needs to be reinforced. Through education and safe practices we can aim to protect our students' health.

### POLICY

The aims of this policy are:

- \* to help students to develop responsibility for their own health.
- \* to educate students about the risks of skin cancer.
- \* to increase student and staff awareness of skin cancer, heat exhaustion and dehydration.
- \* to adopt practical skin protection measures.
- \* to encourage utilisation of available shade by all students and staff.
- \* to ensure that students will normally wear protective clothing, hats and sunscreen during high risk periods of the day, including travel to and from school.
- \* to encourage staff to wear protective clothing, hats and sunscreen during high risk periods of the day.
- \* to educate students of the need to maintain adequate fluid intake in hot weather
- \* to monitor outdoor and sport activities on very hot days
- \* to encourage students to cultivate a habit of sunsmart practices, e.g. the wearing of hats to and from school

### PROCEDURES

1. During Terms I and IV students will be required to wear Killester caps for
  - PE classes
  - Sporting competitions
  - Outdoor activities
  - Other activities as required by their teacher, e.g. excursions, camps (Sports caps and straw hats are available from the Uniform Shop).
2. During Terms I and IV students will be strongly encouraged to wear caps or straw hats at recess and lunchtime, or alternatively, to seek shaded areas.

3. The Health and Physical Education curriculum will include units addressing skin cancer and dehydration awareness issues.
4. The school will plan to maximize the use of indoor and shaded facilities and plan for lessons out of the sun during high risk UV times.
5. Suitable hats, clothing and sunscreen will be required for camps and excursions. Sunscreen will be included in First Aid Kits for camps and excursions.
6. Students should be encouraged to wear sunglasses when appropriate.
7. Students will not be permitted to sunbake while at school.
8. Sunscreen is listed on student booklists, and each student is encourage to have sunscreen in her locker and to use it when appropriate on exposed parts of the skin.
9. Staff will be expected to model sunsmart behavior on yard duty, during PE classes and at appropriate times.
10. Parents, staff and students will be informed of this policy and reminded of these practices in the school Newsletter and Bulletin at the start of Terms 1 and 4.
11. Killester will continue to promote the provision of adequate shade areas for students.
12. If temperatures are in the extreme, an Extreme Hot Weather Day will be declared and students will remain indoors as per the cold/wet day at recess and/or lunchtime. The venue for Years 8-10 will be the PE side of the Kennedy Hall.
13. Students will be encouraged to bring water bottles to school and drink water regularly throughout the day.
14. During PE classes on hot days (over 32 degreesC):
  - \* A drinks break will take place every 20 minutes or when necessary
  - \* Running will be kept to a minimum and will be of a duration no longer than 5 minutes in duration
  - \* Activities will be modified to ensure students are not unduly stressed by the conditions.

## **Review 2010**