



# KILLESTER COLLEGE

## HOT WEATHER POLICY

### CONTEXT

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. Many people could avoid skin cancer by being sun smart during adolescence. Through education and safe practices we can aim to protect the students' health.

### VALUES

Safety, health

### POLICY

Killester College will educate students and staff about the risks of excessive exposure to ultra violet radiation and heat and will encourage members of the school community to adopt practical skin protection measures. Killester College will also provide shaded and sheltered areas.

### IMPLICATIONS

The school will:

- \* increase student and staff awareness of skin cancer, heat exhaustion and dehydration.
- \* encourage utilisation of available shade by all students and staff.
- \* encourage students and staff to wear protective clothing, hats and sunscreen during high risk periods of the day, including travel to and from school.
- \* monitor outdoor and sport activities on very hot days
- \* teach students about the health issues related to too much exposure to the sun

**Ratified by Stewardship Council on** (currently undergoing review)

**Review:** (currently undergoing review)

**Stewardship Council Chair person signature:** .....

**Date:** .....

## **IMPLEMENTATION**

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, heat stroke and dehydration awareness issues.
4. Teachers 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.
6. Students should be encouraged to wear sunglasses when appropriate.
7. Students will not be permitted to sunbake while at school.
8. Each student is encouraged 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. If temperatures are in the extreme, an Extreme Hot Weather Day will be declared and students will remain indoors as on cold/wet days at recess and/or lunchtime.
12. Students will be encouraged to bring water bottles to school and drink water regularly throughout the day.
13. During PE classes on hot days (over 32 degrees Celcius):
  - \* 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
  - \* Activities will be modified to ensure students are not unduly stressed by the conditions.

## **RELATED POLICIES**

Safe Workplace  
Excursion and Incursions  
Camps