



Sun Protection Policy Guidelines for Schools

Science is facts often being buildings, pillars, reasoning and wisdom. While science may seem like a growing organism, its efforts can feel a bit more. Research shows that children's bodies are more sensitive to sun exposure than adults, and that children's skin is more sensitive to sun exposure than adults. But it can be prevented. Think of it as a warning sign: people are less prone to skin cancer due to sun exposure in their skin, but they can still suffer sun-related damage.

By implementing a sun protection policy in schools, we can significantly reduce the risk of skin cancer and promote healthier lifestyles among students and staff.

What Schools Can Do

- Children spend most of their school days outdoors during peak sun hours.
- The school grounds are critical for sun exposure protection.
- Schools can influence behavior through education.
- Implementing sun protection measures can help create a healthier school environment.

Skin Cancer Prevention Education

Education plays a crucial role in preventing skin cancer, given the amount of sun exposure learners experience during school activities. Skin cancer is preventable, especially through education. The sun protection programs aim to:

- Increase learners' awareness of skin cancer risks and protection measures.
- Change learners' attitudes about sun protection.
- Encourage responsible decision-making about sun care.

Involve learners, parents, teachers, and the school community in sun protection efforts.

Adopt a Sun Protection Policy

A sun protection policy encourages schools to ensure everyone (for students, staff, and visitors) is protected from the sun's harmful rays. The policy should be adopted in all schools at all levels of sun exposure, especially between 10 AM and 3 PM. Schools should adopt a sun protection policy that:

- provides effective sun protection education.
- minimizes the use of outdoor areas for outdoor activities.
- plans activities to ensure sun exposure during high-risk times.
- includes clear sun protection and safety procedures.
- considers sun protection when discussing school uniform changes.
- requires learners to wear protection clothing, including hats, umbrellas.
- provides sunscreen use in outdoor areas.
- encourages parents, teachers, and visitors to model sun protection behavior.
- informs parents about the school's sun protection policy during activities.

Guidelines on Protection

To ensure effective sun protection, schools should:

- implement broad-based sun protection for the face, neck, and arms.
- consider hats as part of the school uniform.
- encourage learners during breaks, lunchtimes, and outdoor activities.
- implement display boards of skin cancer materials with key messages and advice.
- provide for use of SPF30 or higher sunscreen, and educate learners on its proper application.



Guidelines on School Organization

Schools should organize activities to minimize sun exposure, including:

- holding outdoor assemblies in shaded areas.
- ensuring sun protection during outdoor physical education and sports.
- scheduling outdoor events of high risk at times.
- applying the sun protection policy in swimming programmes.
- ensuring that learners are actively competing under appropriate sun protection.
- requiring suitable hats, clothing, and sunscreen on camps and excursions.
- enabling proper sun protection behaviour by teachers and parents.

Guidelines for the School Environment

To create a healthy school environment, consider:

- ensuring that school grounds are used in relation to shade availability.
- facilitating the development of long-term shade strategies for school grounds.
- identifying possible areas and their reasons for use.
- determining which areas best support shade.
- planning for the construction of shelters or planting trees that provide shade.
- temporary shade structures.
- providing shade for high-risk areas for learners and visiting guests.

By implementing these guidelines, schools can help protect their learners, creating a safe and healthy environment that promotes the health and well-being of learners and staff.



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Sun Protection And Schools How To Make A Difference

Raffaela Di Napoli



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