

Sun Safety

Introduction

The Governing Board of Swink School District along with the Colorado Department of Public Health & Environment and the U.S. Centers for Disease Control and Prevention recognizes that the sun's ultraviolet (UV) radiation can cause skin cancer. To help prevent the development of skin cancer, students will receive instruction, encouragement, and environmental support to avoid overexposure to the sun when they are outdoors. Accordingly the Board recommends that schools implement a sun safety program that addresses the following elements.

Hats and protective clothing

Students will be allowed and encouraged to wear articles of sun-protective clothing, including hats, when outdoors. Schools may specify the type(s) of clothing and hats that are, or are not, permissible on campus. The principal or designee may assess school uniforms, including physical education uniforms, to determine if and how they might be modified to better protect students from exposure to UV rays.

Sunscreen and lip balm

Students will be allowed and encouraged to carry and use sunscreen and/or sun-protective lip balm.

Sunglasses

When students are outdoors they will be allowed and encouraged to wear sunglasses which protect the eyes from UV rays. Schools may specify the type(s) of sunglasses that are, or are not, permissible on campus.

Time scheduling and shade

The principal or designee of each school site will survey the school campus to identify existing shaded areas, and non-shaded areas where the addition of shade would be practical and desirable. Staff will optimize shade options for students and staff, and will encourage the utilization of shaded or indoor areas for congregation and recreation as appropriate. Priority will be given to including ample shade in new construction plans and adding shade when remodeling school facilities. However, scheduling constraints should not reduce the total time students engage in physical education or activity.

Education

Teachers will be allowed and encouraged to provide education at each grade level, Kindergarten through 12, which relates to skin cancer, including information about the harmful effects of UV rays and recommended practices for preventing skin cancer. The program may utilize, but will not be restricted to, available curriculum, educational materials, and resources listed by the Colorado Department of Public Health & Environment.

Parent-guardian communication

Schools will be allowed and encouraged to inform parents and guardians about the importance of, and strategies for, preventing skin cancer. Communication will include, but will not be limited to, details of the school policy relating to hats, sun-protective clothing, sunscreen usage, uniforms, and sunglasses. Schools should also urge families to reinforce sun-safe behavior outside the school and to support the school's sun safety programs.

Staff

School administrators will be required to educate school staff about skin cancer's impact and prevention, including sun protection methods. School staff will be encouraged to model sun safe behavior for students.

Health services

School nurses, health educators, and school health resource specialists will be allowed and encouraged to promote, reinforce, and support sun protection and skin cancer prevention efforts for students and their families, and staff.

Implementation and evaluation

Schools will be encouraged to implement sun safety programs especially during, but not restricted to, the months of March through October. Schools will be encouraged to evaluate and revise sun safety programs annually.

Adopted: November 9, 2010

Swink School District #33, Swink, Colorado