



**Mid North  
Christian  
College**

**Hope in  
the Living  
God**

**LOCATION**

43 Port Davis Road,  
Locked Bag 2, Port Pirie  
South Australia 5540

**CONTACT**

Phone 08 8632 4240  
accounts@midnorthcc.sa.edu.au  
midnorthcc.sa.edu.au  
ABN 19 489 959 315

## **Sun Protection and Extreme Weather Procedure**

### **Rationale**

Mid North Christian College will endeavor to ensure a safe environment that upholds the Biblical principles outlined in the Bible. The Scriptures instruct us that our bodies belong to Christ (1 Corinthians 6:19-20), and we should be good stewards of our physical form, doing our best to keep them healthy and functioning well (1 Corinthians 6:13). We are to look out for the interests of each other as well as our own interests (Philippians 2:4).

The Sun Protection Policy is implemented to minimise the risks of skin cancer caused by excessive UV radiation exposure for staff and students. We aim to promote positive attitudes towards skin protection and taking personal responsibility for skin protection.

### **Scope**

This policy is to be implemented when the UVR level is 3 or above. The purpose of the policy is to ensure that all members of our College are protected from skin damage caused by the harmful rays of the sun.

### **Curriculum**

Sun protection and skin cancer awareness programs are incorporated into the appropriate Key Learning Areas of the College curriculum.

### **Uniform/clothing**

The College uniform policy and staff dress code policy will clearly outline the requirements to ensure students and staff minimize sun exposure. Items selected by the Uniform Committee will be appropriate for the South Australian climate.

The guiding principles are:

- When the UVR level is 3 or above, students are required to wear the approved College hat whenever they are outside.
- Staff are required to wear broad-brimmed hats for all outdoor activities, including yard duty.
- Parents are encouraged to wear broad-brimmed hats when participating in and attending outdoor college activities.



- Students are required to dress in the college uniform which offers adequate protection including tops and dresses with collars and longer style sleeves, and longer style short dresses and skirts.
- Students without a College approved hat will be required to remain in a fully shaded area.
- Baseball style caps are not to be worn.
- During recess and lunch breaks a hat is not required to be worn if students are under solid shade around the College buildings.
- Hats will be worn on camps and excursions during when the UVR level is 3 or above.
- School volunteers will be made aware of the sun protection policy.

### **Sunscreen use**

- Each class will be provided with sunscreen at the start of each year.
- If students require a particular sunscreen due to medical reasons, parents are encouraged to provide the recommended sunscreen for their child.
- Students and staff are actively encouraged to apply SPF 30 or higher, broad-spectrum, water resistant sunscreen 20 minutes prior to school, lunch, PE lessons, sport, excursions etc. and reapply every 2 hours when outdoors or more frequently when sweating or involved in water activities.
- Additional sunscreen is available at Student Services.

### **Sport and Physical Education**

- Broad-brimmed hat wearing is compulsory, where practical, for sport and physical education. As per the College uniform policy.
- Sports uniform items are sun protective eg. shirts with collars.

### **Special Events**

- The SunSmart message will be promoted in information detailing special events.
- Adequate shade will be provided at sporting carnivals and other outdoor events.
- Where possible, outdoor events and activities will be scheduled for earlier in the day so that they are outside of peak UV times of the day, or they will be conducted at shaded or indoor venues where possible.

### **Heat Protection**



- Extreme heat shall be regarded as days on which the forecast temperature for Port Pirie is 37°C or above.
- Classroom air conditioners will be set to 23-24°C and will be operated by staff, not students.
- In the case of extreme heat, provision will be made for students in the following way:
  - Students will be encouraged to drink regularly to stay well hydrated.
  - If extreme temperatures have been reached before recess students will be required to spend recess time under shaded areas or in designated classrooms at the discretion of the College Leadership Team.
  - If extreme temperatures have not been reached by recess time, students will be allowed to have recess time outside including oval play if they choose.
  - If extreme temperature is forecast students will be required to spend lunch time under shaded areas or in designated classrooms at the discretion of the College Leadership Team.
  - At the discretion of the College Leadership Team, students may be required to stay under shaded areas even if the extreme weather temperature is not reached.
  - These heat protection practices may be invoked at the discretion of the College Leadership Team in the case of strong, hot, northerly winds.

### **Physical Education Lessons**

- Staff and students will not proceed with Physical Education activities outdoors in the sun if the temperature is above 36 degrees. Classes will move under shaded areas or into a classroom.
- Water bottles will be encouraged for Physical Education lessons and access to bubblers will be available.
- On hot days, Physical Education teachers will ensure students have regular breaks in a shaded area so students can rest and re-hydrate.

### **Communication of Extreme Weather**

The Physical Education Coordinator will check the Port Pirie weather forecast daily and communicate the appropriate action needing to be taken. The Physical Education Coordinator will use the Bureau of Meteorology (BOM) website <http://www.bom.gov.au/sa/forecasts/port-pirie.shtml> to check the weather updates. In the absence of the Physical Education Coordinator, a College Leadership Team member will check the BOM website and communication with the staff.

If a class is on an excursion or camp when extreme weather is forecast, the responsible teacher will check the BOM website and will follow the Sun Protection and Extreme Weather Procedure



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## END OF PROCEDURE

### Authorisation

**Who does this Policy relate to:** All members of the MNCC Community (Board, ELT, WHS Committee, Staff, Students and Visitors).

**Policy Reviewer:** College Leadership Team and the Physical Education Coordinator

**Department Approval:** CLT

**Board Approval required:** No

**New or Revised:** revised 2022

**Approved Date of Policy:** 7/7/2022

**Next Review Date:** By Term 3, 2025

*CR 09/06/2022*