

No hat, play in the shade policy.

RATIONALE

The rise in the incidence of skin cancers over the past decades is strongly related to increasingly popular outdoor activities and recreational exposure. Overexposure to sunlight is widely accepted as the underlying cause for harmful effects on the skin, eye and immune system. Experts believe that four out of five cases of skin cancer could be prevented, as UV damage is mostly avoidable.

(World Health Organisation 2011)

Singapore lies 70 miles from the equator, with one of the world's highest ultraviolet (UV) index scores, a year round average UV Index of ≥ 10 falling within the extreme category. Overexposure to ultraviolet radiation (UVR) during childhood and adolescence is known to be a major cause of skin cancer therefore sun protection is needed whenever UVR levels reach three and above. UVR levels are highest during the hours children are at school (between 10am and 3pm). As children will spend a portion of their day outdoors, we are committed to protecting them from the harmful effects of the sun.

With this in mind The Canadian International School realizes the need to protect children's skin and educate them about being sun smart, thus reducing the risk of skin damage from exposure to the sun through the implementation of the *No Hat, Play in the Shade Policy*.

OBJECTIVE(S)

The objectives of the No Hat, Play in the Shade Policy are to:

1. Increase student and community awareness of skin cancer.
2. Assist students to develop strategies which encourage responsible decision-making about sun protection.
3. Work towards a safe school environment which provides adequate shade for students and staff.
4. Encourage students, parents, teachers and staff to wear protective clothing and hats during high-risk times such as lunch times, sports, fieldtrips and excursions.
5. Ensure that parents are informed of the CIS's No Hat, Play in the Shade Policy.

SCOPE OF THE POLICY

The scope of this policy covers all students (Primary and Secondary school)

PROCEDURE / GUIDELINES

Primary students

1. All primary school students are to wear a hat outside during recess, outdoor PE lessons and, when appropriate, during sporting events.
2. Students who are in the sun in these areas without a hat will be directed into the shaded, covered playground areas.

Secondary students

1. It is strongly encouraged that all secondary school students wear a hat or apply sunscreen during outdoor PE lessons and, when appropriate, during sporting events.

For all students

1. Students are required to wear a CIS hat.
2. No hats are to be worn indoors.