

planning outdoor schools events

When holding an outdoor event at your school you may find the following information useful in helping you turn your event into something really SunSmart. As you proceed with your planning check off the things you have done.

The Cancer Council South Australia has a range of resources which can be made available to you. These include:

- posters, pamphlets & information sheets;
- videos and Sid Seagull costumes (for loan).

Contact the Cancer Helpline on 13 11 20 for more information.







Planning checklist

- When planning outdoor school activities, schedule them to avoid part, if not all, of the high UV danger period, which is between 10.00am - 3.00pm.
- Offer sun protection for students, staff, parents and spectators by providing effective shade. For example
 - allocate shaded areas
 - encourage students to bring portable shade structures such as beach umbrellas, if shade is not adequate.
- Provide or sell sunscreen to staff, students and spectators. Contact Merchandising at The Cancer Council on 13 11 20 for more information.
- Promote the SunSmart message in all your information relating to the event.
- Use the public address system to remind people to be SunSmart.

Promoting the message

Put a SunSmart message in the consent forms, newsletters and flyers relating to your event. The following can be photocopied and incorporated in your publications. This will serve to remind people to be SunSmart when participating and/or attending your event.

Be SunSmart and	
	wear a wide brimmed hat and sunglasses,
	slip on a long sleeved shirt, preferably with a high collar,
	apply a sunscreen with a Sun Protection Factor of 30+ (SPF),
	use shade - bring an umbrella.

SunSmart reminders

At your outdoor event you can give SunSmart reminders over the public address system. You can use some of the following:

- ♦ Don't spoil your day by getting sunburnt - remember to Slip! Slop! Slap!
- ♦ Save your skin. Use your head and keep your hat on!
- ♦ It may be cool and overcast but you can still get burnt. Slip! Slop! Slap!
- ♦ Take some time out of the sun and grab some shade.
- ♦ Have you got your sunscreen on today? Remember to re-apply it every couple of hours.

Ideas to consider in the future

- ♦ Develop a SunSmart policy for your school or update guidelines to incorporate SunSmart actions. The Cancer Council can assist you with this.
- ♦ Discuss SunSmart ideas with other schools to learn how they have become SunSmart.
- ♦ Involve staff, students and parents in decision making about outdoor events.

Sun damage can still occur on a cool, clear day.

A school's sun protection policy should be in place from 1 September to 30 April.

For further information on sun protection or skin cancer, contact **Cancer Helpline 13 11 20**

The Cancer Council South Australia
(ABN 29 053 873 822)
202 Greenhill Road, Eastwood
PO Box 929, Unley SA 5061
Phone: (08) 8291 4111
Fax: (08) 8291 4122
Email: chl@cancersa.org.au
Internet: www.cancersa.org.au