

Sun Safety Policy



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On behalf of:	<i>Not required</i>

Schools have a responsibility to ensure that pupils are protected from overexposure to UV rays from the sun, and the National Institute for Health and Clinical Excellence (NICE) guidelines for skin cancer prevention (2011) recommend that schools "develop, implement and monitor a specially tailored policy to ensure people are protected as much as possible". This policy will be reviewed bi-annually.

Aims

The aim of this sun safety policy is to protect children and staff from skin damage by the effects of ultraviolet radiation from the sun. The main elements of this policy are:

- Protection: providing an environment that enables pupils and staff to stay safe in the sun.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Partnership: working with parents/carers, governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.

This school believes in Sun Safety

To ensure that children and staff are protected from skin damage caused by the harmful ultraviolet rays in sunlight. As part of the Sun Safety policy, our school will;

- Educate children throughout the curriculum about the causes of skin cancer and how to protect their skin.
- Encourage children to wear clothes that provide good sun protection.
- On sunny days supervising staff will remind children that they need to seek shade during breaks, lunchtime, sports and school trips.
- Hold outdoor activities in areas of shade wherever possible, and encourage children to use shady areas during breaks, lunch hours, sports and trips. Sunbathing is discouraged.
- Work towards increasing the provision of adequate shade for everybody.
- Encourage staff and parents to act as good role models by practicing sun safety.
- Regularly remind children, staff and parents about sun safety through newsletters, posters, parents' meetings, and activities for pupils.
- Invite relevant professional (school nurse and health promotion officers) to advise the school on sun safety.
- Make sure the sun safety policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, shade etc).

We recommend that parents/carers check on the Sun Safe website for daily access to UV ratings: <https://www.sunsafeschools.co.uk/> This link is also found on our website under our 'Safeguarding' page for ease of reference. We advise parents/carers to check UV ratings and apply sunscreen on days where the levels are three and above.

Suggestions to help cope with hot weather

- Parents/carers are to ensure their child has applied sunscreen (SPF 25+) before coming to school.
- Pupils to wear hats when outside.
- Parents/carers are to ensure that their child can apply his/her own sun screen to all exposed areas.
- Parents/carers are to provide their child with a sunscreen product (SPF 25+) for use in school and on trips. This must be clearly marked with the child's name, kept in the designated sunscreen tray/box in their child's class and replenished by their parents/carers as needed.
- In hot, sunny weather, children in Key Stage 1 and Key Stage 2 will be expected to re-apply their own sunscreen at lunchtime, unless the school has been informed by their parent/carer that they are unable to do this.

- Children in Early Years may need help with the application of sunscreen; this would only be applied to exposed areas of the child, such as arms, legs and their head. The school will keep a limited stock of sunscreen (SPF25+) available for use if a child has forgotten to bring their own sunscreen. We gain permission for the consent of sun lotion as part of the Nursery induction process.
- Teachers should make a judgment as to the temperature of the classrooms and make internal arrangements to teach cooler areas where possible.
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so.
- Where possible, all doors and windows should be opened to provide a through breeze and classroom blinds should be drawn.
- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 30 minutes when children should be brought indoors, given time to rest and drink water.
- Annual Sports' Day will be determined by preceding days' climate.
- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities.
- Parents/carers and children must be encouraged to follow these procedures at home.
- Staff must also ensure they drink water regularly and take precautions against the high temperatures. In rare cases, extreme heat can cause heatstroke.
- Pupils are encouraged to bring in their own named water bottle for PE and Games lessons.
- Pupils will be encouraged to drink plenty of water during hot, sunny weather.
- Staff are aware with of daily UV levels through the weekly bulletin and know when to re-apply sunscreen or limit the time outdoors in accordance with this.

Please note that it is not expected that staff will apply sunscreen to children if they are able to apply this for themselves safely. Staff will encourage and supervise children to apply sunscreen themselves, with the exception of children in the Early Years where support may need to be provided.

Symptoms to look out for are:

- Cramp in arms, legs or stomach, feeling of mild confusion or weakness. If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice. If these symptoms get worse or don't go away medical advice should be sought. NHS Direct is available on 0847 46 47

If you suspect a member of staff or pupil has become seriously ill, call an ambulance. While waiting for the ambulance:

- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
- If they are conscious, give them water or fruit juice to drink.
- Do not give them aspirin or paracetamol