

Sun Safety Policy

Reviewed: January 2020

Next review date: January 2021

Aims

The aim of this sun safety policy is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun. This health promotion programme will be more successful when an integrated whole school and parent/carer approach is adopted.

Background Information

Overexposure to ultraviolet (UV) radiation from the sun and artificial sources is of considerable public health concern. It plays an important role in the development of skin cancer and eye damage and suppresses the immune system.

Children are particularly at risk as (i) sun exposure during childhood and adolescence appears to set the stage for the development of both melanoma and non-melanoma skin cancers in later life, (ii) a significant part of a person's lifetime exposure occurs before the age of 18, and (iii) children have more time to develop diseases with long latency, which results in potentially more years of life to be lost and more suffering to be endured as a result of impaired health.

Prevention efforts in schools to change children's, teachers' and parents'/carers knowledge, attitudes and behaviour regarding sun protection can significantly decrease adverse health effects.

The key element of sun protection is minimising the amount of time spent in the sun, particularly during the period of each day when UV radiation is at its most intense. In temperate climates this generally refers to the four-hour period around solar noon. When outdoors: shade, protective clothing, sunscreen and scheduling outdoor time can all help to reduce exposure to harmful UV radiation.

The main elements of this policy are:

- protection: providing an environment that enables everybody to stay safe in the sun.
- education: learning about sun safety to increase knowledge and influence behaviour.
- partnership: working with parents/carers 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 ultra-violet rays in sunlight and 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.

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- hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips.
- discourage sunbathing and similar activities.
- work towards increasing the provision of adequate shade for everybody.
- encourage staff and parents to act as good role models by practising sun safety.
- regularly remind children, staff and parents about 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.

Suggestions to help cope with hot weather

- Wear hats (preferably with wide rims) when outside.
- Wear suitable UV filtered and approved sunglasses when outside (not toy sunglasses) – these should be removed when taking part in physical activities.
- Wear a suitable factor sun cream (The NHS recommends a sun protection factor of 15 or above and at least a 4 star UVA protection (2016)).
- Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible.
- Teachers should encourage children 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 prolonged sun exposure, unnecessary exertion and dehydration.
- In extreme weather, outdoor PE lessons should be time-limited, after which children should be given time to rest and drink water and where possible moved to a shaded location.
- Annual Sports' Day may be postponed by weather on the day or by the preceding days' climate.
- Children with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities during extreme periods of hot weather.
- Parents/carers and children should 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

Symptoms to look out for are:

- Cramps 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 symptoms get worse or don't go away medical advice should be sought. NHS Direct is available on 111

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

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- 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.