



# Sandiway Primary School Sun Safety Policy 2020

## **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 approach is adopted.

## **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.
- children with higher levels of sensitivity to the sun require additional care and monitoring – we welcome partnerships with parents as a means to ensure their safety. If necessary, a Health Care Plan will be written to this end.
- hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips.
- 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 through newsletters, posters, parents' meetings and activities for pupils.
- invite relevant professional (school nurses 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).

## **Suggestions to help cope with hot weather**

- Pupils to wear hats and sunglasses when outside.
- Pupils should wear sun cream (at least SPF 15) and this should be reapplied at regular intervals.
- Pupils should be encouraged to apply their own sun cream and be supervised to ensure that this is done correctly. This can be done by parents and school staff. School staff should not be applying sun cream to children, unless this is deemed to be necessary in certain circumstances.
- 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 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 class room 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 20 minutes when children should be brought indoors, given time to rest and drink water.

- Annual Sports' Day will be determined by preceding days' climate. Again, children spectating should not do so for more than long periods time and should be encouraged to use the shaded areas.
- Pupils with asthma, breathing difficulties or other relevant health conditions should avoid physical activities in extreme hot weather
- 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**

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 symptoms get worse or don't go away medical advice should be sought. NHS Direct is available on 0845 4647

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.