

## **Safe Sun Policy**

### **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, members of the Local Board, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.

### **This academy believes in Sun Safety**

To ensure that children and staff are protected from skin damage caused by the harmful ultra-violet 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.
- 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 at all times.
- 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 children and staff (use of hats, shade etc.).

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

- Pupils to wear hats when outside.
- Pupils should wear sun cream which is applied in the morning. Parents can send in a named sun cream for children to apply themselves during school hours.
- **Parents and staff must ensure that the sun cream they send/bring in to the academy does NOT contain the chemicals arachidyl glucoside or arachidyl alcohol, which are peanut derivatives and can trigger an allergic reaction for nut allergy sufferers.**
- Teachers should make a judgment as to the temperature of the classrooms and make internal arrangements to teach in cooler areas where possible.
- Staff 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 if deemed detrimental to their health. This will be agreed with parents.
- Parents/carers and children must be encouraged to follow these procedures at home.

## Protecting school staff

- Staff should not neglect to protect their own skin from the effects of the sun. PE teachers and those supervising outdoor excursions should take particular care.
- Staff must also ensure they drink water regularly and take precautions against the high temperatures.

## Heatstroke

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 these 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 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.

**Date: November 2021**

**To be reviewed: November 2022**