



Lincoln Bishop King CE Primary School

Dream big. Love God. Live well

Sun Safety Policy

Date Reviewed: May 2025

Next Review (2 year): May 2027

This policy provides guidance to staff and parents/carers on the procedure and actions the school **will take**. We hope staff and pupils will enjoy the sun safely whilst respecting the need to protect against its potentially harmful effects.

As part of the Sun Safety policy our school will work with staff, pupils and parents.

1 Aims.

The aim of this Sun Safety policy is to educate children, **parents/carers** and staff at Bishop King C.E. Primary School about skin damage caused by the harmful effects of ultraviolet radiation from the sun.

2. 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.

As part of the Sun Safety Policy, our school will:

- Educate children through the curriculum about the causes of skin cancer and how to protect their skin.
- Encourage children to wear loose-fitting clothes that provide good sun protection.
- Encourage children to keep out of the sun between 11.00am and 3.00pm.
- Hold outdoor activities in areas of shade, whenever possible, e.g. towards the outer perimeter of the field / woodland area where trees offer natural shade and encourage children to use these shady areas during breaks and games lessons.
- Encourage staff to find shady areas for children when out of school on visits and trips.
- Work towards increasing the provision of adequate shade for everybody.
- Encourage parents to act as good role models by practicing sun safety and ensuring they supply a sun hat/cap for their child/ren.
- Regularly remind children, staff and parents about sun safety through newsletters, posters, parents' meetings, and activities for pupils.
- Invite relevant **professionals** (school nurses and health promotion officers) to advise the school on sun safety.

We will make sure the Sun Safety policy is working in practice by regularly monitoring our curriculum, access to shade, and, review the sun safety behaviour of our children and staff through the use of hats, sun cream, seeking out shade etc.

3. Suggestions to help cope with hot weather.

- Pupils to wear appropriate caps and hats (e.g. with extra neck coverage) when outside.
- Pupils encouraged to apply factor 30+ sun cream, regardless of ethnicity; hair or skin colour, which needs to be applied before school by parents or carers and so should be long-lasting.
- Teachers should make a judgment as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible.
- Teachers should encourage pupils to drink plenty of water and offer opportunities for them to be able to refill their bottles.
- Where possible, all doors and windows should be opened to provide a through breeze & classroom blinds should be drawn.
- Turn off non-essential lights and electrical equipment – they generate heat.
- Physical education lessons should be carefully planned to avoid undue or lengthy sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20-30 minutes when children should be brought indoors, given time to rest and drink water.
- Sports' Day will be determined by **the** preceding days' climate. **Children** spectating should not do so for more than 20 minutes at a time if unable to access sufficient

shade.

- Pupils with asthma, breathing difficulties or other relevant health conditions should avoid excessive physical exertion. Staff must be aware of children who have a low tolerance to hot/humid conditions.
- Education will be provided to encourage parents/carers and **children** to follow these procedures at home.
- Staff must also ensure they drink water regularly and take precautions against the effects of high temperatures and over- exposure to the sun.
- Office staff to keep medicines below 25° or in the refrigerator where storage instructions indicate this is a necessity.

In line with the Nutritional Standards policy, we recommend a named bottle with a sports cap, filled daily with still water.

4 Heatstroke.

In rare cases, extreme heat or sun can cause heatstroke. Symptoms to look out for include experiencing **cramps** in arms, legs or stomach and a 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 do not 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. Inform the school office and a member of SLT. If possible, enlist the help of a member of staff who is a qualified first aider.

Whilst waiting for an 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 aspirin or paracetamol.

5 Further information.

Check the weather forecast and any high temperature warnings at: www.metoffice.gov.uk

For further information about how to protect your health during a heat wave visit NHS Choices at: www.nhs.uk/summerhealth

Advice on ways to minimize ultraviolet ray induced skin and eye damage can be found at http://hpa.org.uk/Topics/Radiation/UnderstandingRadiation/InformationSheets/info_SunsensePoster/

Cancer Research UK SunSmart policy

<http://www.sunsmart.org.uk/schools/schools-and-sun-protection>