



Lincoln Bishop King CE Primary School

Dream big. Love God. Live well

# **Sun Safety Policy**

**Policy Accepted: 13<sup>th</sup> July 2023**

**Next Review (2 years): July 2025**

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

### **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:**

#### **A. Protection:** providing an environment that enables pupils and staff to stay safe in the sun:

- 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

#### **B. Education:** learning about sun safety to increase knowledge and influence behaviour:

- 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

#### **C. Partnership:** working with parents/carers, governors and the wider community to reinforce awareness about sun safety and promote a healthy school:

- encourage parents to act as good role models by practising 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 to advise the school on sun safety

### **3. Coping with hot weather:**

- Pupils to wear appropriate caps and hats 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 will encourage pupils to drink plenty of water and provide opportunities for them to refill their bottles
- Where possible, all doors and windows should be opened to provide a through breeze, and 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, 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.

If you suspect a member of staff or pupil has become seriously ill:

- a) call an ambulance
- b) inform the school office and a member of SLT
- c) 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](http://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](http://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/](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>

#### **6. Monitoring the policy**

We will make sure the Sun Safety policy is working in practice by:

- monitoring our curriculum,
- monitoring our access to shade, and
- reviewing the sun safety behaviour of our children and staff through the use of hats, sun cream, seeking out shade