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## SUN SAFETY POLICY

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This information was composed from guidance issued by the Health Education Authority and Sun Smart Cancer research UK.

As the warmer weather approaches it is the ideal time to re- issue the guidance to ensure that staff and pupils are protected from skin damage caused by the effects of ultraviolet radiation from the sun.

School employers are responsible for the health and safety of teaching and non teaching staff, pupils and others who may use school premises. Health and Safety legislation requires employers to have a written policy and to conduct risk assessments. The potential for prolonged exposure to the sun and the risk of sunburn while at school or on school outings should be considered as part of the risk assessment process and measures put in place to minimise the risk.

During term time, pupils are in school during the peak UV hours five days a week therefore it is important that we have a sun protection policy in place as it can make a big difference to the amount of skin damage pupils experience.

This policy has been created with the help of the whole school community and on receipt of guidance from Cancer Research UK.

Protection As a school, we must provide an environment that enables pupils and staff to stay safe in the sun.

Education It is important that we learn about sun safety to increase knowledge and influence behaviour. Sun protection is incorporated into curriculum learning for pupils of all ages.

Collaboration Working with parents, governors and the wider community reinforces awareness about sun safety and promotes a healthy school.

## **Shade**

Avoidance is the most effective way of reducing exposure to the sun and preventing sunburn. It does present a number of challenges within the school environment. Providing adequate shade for everyone can be a long term goal but there are various measures schools can take in the short term.

We will, if necessary, reschedule outdoor activities during the summer term. In addition, we will actively encourage the use of hats outdoors; making them compulsory on sports days or during other events when pupils will be outside for extended periods. Staff will also be encouraged to wear hats to set an example.

## **Clothing**

We will encourage clothing that covers the body. The cover factor is the most important aspect. Shirts must have sleeves the longer the better and collars to protect the neck. Shorts should be longer to protect the top of the legs. Loose fitting clothes are cooler. Cancer Research UK's SunSmart campaign advises people to look for t – shirt material with a close weave and in darker colours as they will block out the most UV rays. Hats or legionnaire style caps are the best as they provide cover for the face, ears and back of the neck.

## **Water**

Drinking water is always available and we will ensure children drink extra fluids during spells of intense heat, to prevent dehydration.

## **Sunscreen**

The use of sunscreen in schools is recommended.

Sunscreen products are not classed as medicine. However the implications for sunscreen use in school are analogous to that of medicines. Teachers and other support staff are not able to apply sunscreen therefore the support and cooperation of parents is essential.

Schools have an important role in Safeguarding children. Protection from the sun is one of many safety issues that schools will wish to address with the involvement of parents.

Sunscreen should not be used to prolong the amount of time spent in the sun but as a form of protection when other measures are unavailable or impracticable. At school this would include:

- Outdoor breaks, particularly lunch breaks
- PE or other outdoor lessons
- Sports days
- School excursions

## **Further information**

If you require further information on sun protection, you may find the following websites useful:

Sunsmart- [www.sunsmart.org.uk](http://www.sunsmart.org.uk) for school guidelines, sample policies and parent /carers letters.

Health Education Authority “Sun Safety Guidelines for Schools” available at [Sun Safety Guidelines](#)

Health Education Authority “Use of Sunscreen in Schools” available at: [Use of Sunscreen in Schools](#)