

## Sun Protection Guidance

### Aim

At Castle Federation we want staff and pupils to enjoy the outdoors and to be safe in the sun. We will achieve this through planning, education and protection.

The damage that can be caused by over exposure to the sun is now widely acknowledged. Too much sun can cause skin damage including sunburn, premature ageing and skin cancer. This is an issue for all ages, but extra care needs to be taken with children as sunburn in childhood can lead to long term skin damage.

### Thorough planning of outdoor activities

When planning such events/activities, staff are to consider the dangers of over exposure to sun. This factor should be considered when preparing the activity risk assessment so that adequate precautions can be made. The following precautionary measures should be taken in to account:

- Minimise the risks by limiting the amount of time that pupils are required to spend exposed to the sun.
- Consider the timing of events; the sun's harmful rays are most intense between midday and early afternoon.
- When it is very hot, keep children out of the sun altogether.
- Make use of all available shade provided by buildings, trees, etc.

### Education

- All pupils will receive at least one lesson or assembly in the summer term outlining the dangers of not protecting our skin in the sun.
- Newsletters will advise parents of correctly preparing their child for coming to school on a hot day, this checklist will include:
  - ensuring their child has a **high factor 8-hour** water resistant sun protection cream applied before coming to school
  - ensuring their child has a named hat with them in school, preferably one with neck protection
  - ensuring their child has a fresh named bottle of drinking water every day in school

### Protection

- Pupils will be encouraged to make use of natural shade and to 'cover up' when possible.
- Staff will remind all children to have a hat on when outdoors.

### Sunscreen

- Parents will be encouraged to put a **high factor 8-hour** water resistant sun protection cream on their children before they come to school.
- Children should not bring sunscreen to school.
- Staff will not apply sunscreen to children.
- For sports day only, Key Stage 2 children may need to reapply their own sun screen. They should be provided by their parent with an appropriate (pump spray or roll on) sun screen product wherever possible. Where the child's parents are present, they should be encouraged to check/apply sunscreen to their child(ren) as required. For allergy reasons, children should only apply/be applied with the sunscreen that belongs to them
- Children with particularly sensitive skin should come to school in as long-lasting a sunscreen as possible, ensure that they remain covered (arms, legs, head and neck) and stay in the shade.

It is not the intention of this guidance to discourage or to exclude any child from participating in any planned outdoor activity. However, we do have a duty of care to look after the welfare of pupils, and it may, in certain circumstances, be necessary for pupils who are inappropriately dressed or prepared, to avoid or minimise exposure by "sitting out" of the sun as much as possible.