

JULY 2022



SUN SAFETY POLICY

**HORIZONS EDUCATION TRUST
AMERICAN LANE, HUNTINGDON, CAMBRIDGESHIRE. PE29 1TQ**

Guidelines for sun protection for pupils

At Horizons Education Trust we will endeavour to ensure pupils and staff are protected from skin damage caused by ultra violet rays in sunlight.

We will educate pupils about how to protect themselves and how to wear clothes in extreme heat.

The school site has sun shades and this will be reviewed in annually. We will seek advice from the Special Needs School Nursing Service.

The following guidelines about sunscreen are to provide advice to staff and parents.

Rationale

The aim of this sun safety policy is to educate pupils and staff at Horizons Educational Trust Schools about the skin damage caused by the harmful 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, trustees, our school nurses and the wider community to reinforce awareness about sun safety and promote healthy schools.

There is much research and evidence to suggest that we need to be more "sun aware", take more precautions and use good sun protection measures to lessen the risk of sun burn, long term skin damage and possible skin cancer.

Horizons Education Trust School believes in Sun Safety

To ensure that pupils and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

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

- educate pupils throughout the curriculum about the causes of skin cancer and how to protect their skin;
- encourage pupils to wear loose-fitting clothes that provide good sun protection;
- encourage pupils 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 where trees offer natural shade and encourage pupils to use these shady areas during breaks and games lessons;

- encourage staff to find shady areas for pupils when out of school on visits and trips;
- work towards increasing the provision of adequate shade for everybody;
- encourage staff and parents to act as good role models by practicing sun safety and ensuring they supply a proper sun hat/cap;
- regularly remind pupils, staff and parents about sun safety through newsletters, posters, parents' meetings, and activities for pupils;
- Invite relevant professional (school nurses and health promotion officers) to advise the school on sun safety.
- make sure the Sun Safety Policy is working in practice by regularly monitor our curriculum, access to shade, and review the sun safety behaviour of our pupils and staff through the use of hats, sun cream, seeking out shade etc.

Suggestions to help cope with hot weather

- Pupils to wear appropriate caps and hats (e.g. with extra neck coverage) when outside. Light, long-sleeved shirts are permitted.
- 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 water and ensure there are regular breaks for them to do so as well as being able to refill their bottles if needed. In line with the Nutritional Standards policy, we recommend a named bottle with a sports cap, filled daily with still water.
- 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 pupils should be brought indoors, given time to rest and drink water.
- Sports' Day will be determined by preceding days' climate. Again pupils 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 pupils who have a low tolerance to hot/humid conditions.
- Education will be provided to encourage parents/carers and pupils 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.

In rare cases, extreme heat or sun can cause heatstroke

Heatstroke symptoms to look out for include:

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 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 a senior member of staff. 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.

Responsibilities and application of sun screen

Parental responsibilities

Parents should ensure that their son or daughter is provided with adequate sun protection and sun screen, including a suitable wide brimmed or peaked hat, sun glasses, and parasols for those in chairs or buggies. Suitable clothing should also be provided.

High factor, long lasting sunscreen should be applied before coming to school.

If parents wish for more sun screen to be applied throughout the school day, lotion or spray should be provided for school with clear written instructions for its application. This will act as consent.

We understand that pupils attending Horizons Education Trust schools are not always as independent in applying sun screen and may require assistance to do this. As we already have care needs to meet for many of the pupils, the application of sun screen is not problematic although sun screen will only be applied to parts of the body where skin is exposed.

Allergy advice

All adults with the responsibility of purchasing or applying sun screen or lotions to pupils should be aware of any allergies the young person may have. Some lotions may contain nut oils, predominately Almond Oil.

If the young person has a nut allergy, application could cause an allergic reaction and possible anaphylaxis.

School responsibilities

It is NOT the responsibility of Horizons Education Trust or its employees to provide sun protection or sun screen for its pupils.

School staff will ensure that pupils are not exposed to prolonged and intense periods in the sun whilst at the same time ensuring that pupils have access to outdoor activities, play times and facilities.

School staff will ensure that on outings, pupils have access to shade as part of the planning and risk management

What's next?

It is important and advised that sun screen is used all year but especially throughout the entirety of the summer months and not just on hot days.

If pupils are going out on long outings and no sun screen is provided, it will be necessary from now on for teachers to contact parents and then make any adjustments to the class plans for the day.

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

Cancer Research UK SunSmart policy
<http://www.sunsmart.org.uk/schools/schools-and-sun-protection>

Policy agreed on: _____

Signed on behalf of the Trustees _____

Committee: _____

Author: Simon Paynter

Review date (optional): _____

Website Y/N