



COLLINGBOURNE C OF E PRIMARY SCHOOL

Health & Safety

Sun Policy

RATIONAL

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is enormous potential for schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is because:

- Children are at school five out of seven days a week at times when UV rays are high.
- Most damage due to sun exposure occurs during the school years.
- Schools can play a significant role in changing behaviours through role modelling and education.
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students can spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

AIMS

- To ensure all reasonable and practical measures are taken to protect all children from the dangers of over exposure to the sun.
- To educate the whole school community on the dangers of over exposure so they can make educated decisions about appropriate precautions

HOW DO WE ACHIEVE THESE AIMS?

1. Adopt sun protection strategies

- **Flexibility** – the school timetable can be manipulated to ensure that children do not spend excessive time outside during peak heat times (between 11 and 3) should the weather be extreme.
- **Head wear** - children are encouraged to wear wide brimmed hats/caps that protect their face, neck and ears such as legionnaire or bucked hats, when they are outside. These are available through the school website.
- **Clothing** – children are encouraged to have some covering on their skin during the hottest part of the day. All uniform covers the shoulders and vest tops for P.E. are not allowed.
- **Shade**
 - There is limited shade available in the school grounds so the school will take all measures it can to ensure that during any spells of excessive heat, children will not remain in direct sunlight for periods longer than 10 minutes.
 - The availability of shade is considered when planning excursions and all outdoor activities.
 - Children are encouraged to make use of available shaded areas when outside.
- **Water**
 - Children have free access to fresh water and are encouraged to drink regularly
 - Children are encouraged to bring water bottles to school and to drink regularly
 - During times of heat children are regularly reminded of the need to drink plenty of water.

- **Sunscreen** *“Sunscreen is the last line of defence. But it is useful for covering exposed areas of skin when shade and protective clothing are not practical e.g. during outdoor swimming, PE lessons and school excursions.” (Cancer Research UK)*
 - Parents are encouraged to apply a suitable factor sunscreen before school starts – preferably a once a day application formula.
 - The school will not take on the responsibility of applying creams for children as there are all-day creams widely available however we will allow children to re-apply short term creams at lunch time if necessary.
 - In certain circumstances (i.e. during extended periods outside on a school trip) a bottle of sun-cream will be provided by the school and children will either apply it themselves or, with written permission, a member of staff can apply it.

2. Education

- Staff will act as role models by:
 - Wearing protective hats and clothing
 - Applying SPF 15+ broad spectrum, water resistant sunscreen.
 - Seeking shade whenever possible.
- Families and visitors are encouraged to use a combination of these sun protection measures when attending and participating in outdoor activities.
- The school schedule outdoor activities appropriately.
- Sun awareness and safety measures are included in the curriculum.
- Parents are encouraged to support the school by acting as role models and providing protection for their children.

This policy and/or procedure was produced in line with guidance from Wiltshire Council Health & Safety team.

Written and Adopted:	May 2018
Last Review:	May 2020
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