



# TEMPLE SOWERBY CE PRIMARY SCHOOL

## HEALTH & SAFETY POLICY - PART 3

# SUN PROTECTION PROCEDURES

Approved by	
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Signed:	
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# SUN PROTECTION PROCEDURES

We are aware of the dangers that over exposure to sunlight can have on a person's health and skin and acknowledge the importance of sun protection. We want staff and pupils to work in and enjoy the sun safely and following these procedures will help us all achieve this.

## 1. Implementation

As a school we will:

- a) Develop staff awareness, i.e. provide information and teaching resources about sun safety like the NHS advice <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/> and the Sunsmart resources in section 2.1 below.
- b) Promote the SunSmart skin cancer prevention messages by using the SMART code:
  - Stay in the shade 11am-3pm
  - Make sure you never burn
  - Always cover up with a t-shirt, hat, and sunglasses
  - Remember to take extra care with children
  - Then use at least factor 15+ sunscreen (the NHS advises that you can burn in the UK, even when it's cloudy and recommends that from March to October children and young people wear sunscreen that is min. 30+ SPF for UVB protection and 4\* or higher for UVA protection).

and implementing the concepts of "Slip, Slop, Slap, Seek and Slide":

- **SLIP** on clothing to cover your arms and legs
  - **SLOP** on sunscreen with factor 15+ (30+ is considered best practice)
  - **SLAP** on a wide-brimmed hat
  - **SEEK** shade or create your own shade
  - **SLIDE** on some UV protective sunglasses
- c) Other sun safety precautions include using lip balm with a SPF of 15+ and recommending families and staff perform regular skin examinations at home.
  - d) All topical sun protection products that belong to pupils (balms, sunscreen etc.) must be clearly labelled and no pupil should share products belonging to any other pupil unless we have received a valid parental request to allow it and there are no reasons why we should not agree.

## 2. Supporting Strategies

### 2.1 Education

We will ensure:

- We talk about how to be SunSmart in assemblies at the start of the summer term and before summer break (see: [Sunsmart Assembly Plan](#)).
- The dangers of the sun will form part of the PSHE/science curriculum.
- We provide parents with information about recommended preventive strategies for sun safety through our website, newsletters, & letter home at the end of the spring term (see Appendix A and B).
- Parents, staff and students are particularly SunSmart on special or extended outdoor activities like PE days, educational visits and sports days by giving good notice to families about events and what pupils need to bring or wear.

### 2.2 Protection

This is an ongoing process, but our key sun protection measures are as follows.

**Shade:**

- We provide a balance of indoor and outdoor activities during peak sun times and provide an indoor area to allow pupils to shelter from it. Supervisors will monitor pupil movement. When the sun is strong, we will encourage pupils to sit/play in the shade where it is available.
- We have reviewed the shade available in the outdoor areas of school that we use for work and play between 11.00am and 3.00pm to make sure we have some tree cover in play area and shaded seating

areas.

#### **Timetabling:**

- In the summer months we will aim to schedule outdoor activities, school trips and PE lessons before 11.00 am and after 3.00 pm if appropriate. If unavoidable, we will ensure use of appropriate sun protection measures (shade, hats, clothing, sunscreen etc.).

#### **Clothing:**

- When outside in sunny weather, pupils are required to wear hats that cover the ears, face, & neck.
- Pupils are encouraged to wear tops that cover their shoulders (vests/strappy tops are discouraged).
- Pupils are allowed to wear CE or BS:12312-1:2013 E marked UV protective sunglasses when outside during sunny weather.
- Teachers will lead by example and be seen to adhere to sun safe practices e.g. wearing hats on playground duty and when teaching outdoors on sunny days.

#### **Sunscreen:**

- Sunscreen use will be encouraged on days when the sun is strong in the summer term during breaks, PE lessons, and on school trips. Extra sunscreen will be available in case pupils forget their own.
- Parents are encouraged to apply or get their child to apply a long-lasting sunscreen before school.
- Normally, pupils will be encouraged to apply their own sunscreen under the supervision of an adult.
- Appropriately vetted adults may help pupils apply sunscreen to their face, neck, and arms, but pupils should apply it to their own legs. Adults may only apply sunscreen when another adult is present.
- Staff will apply sunscreen to pupils who cannot apply it effectively themselves. Generally, these will be pupils with special educational/physical needs or very young pupils.

### **2.3 Variations to Practices during the Coronavirus (Covid-19) Pandemic**

- During the Covid-19 pandemic, where possible and weather permitting, staff and children will make use of outdoor spaces for learning and play. However, when the sun is strong we will encourage pupils to stay in available shade and plan activities to do this safely.
- Extra regard will be given to implementing the ‘**Sun Safety Procedures**’ above.
- We will continue to encourage parents to apply a long-lasting sunscreen before the start of school.
- We will ask parents to provide individually labelled sunscreen, sun hat, sunglasses etc. for their child and no child will be allowed to share products belonging to other children (unless from the same household).
- School will hold a stock of spare sunscreen if needed for children that forget.
- Pupils are already encouraged to apply their own sunscreen. Staff will apply sunscreen to pupils who cannot apply it effectively themselves as above. As with intimate care practices during the pandemic, children having sunscreen applied by staff will be asked to turn their face away. Staff will wash their hands before and after each application/between each child.

**AS A GENERAL RULE OF THUMB, ESPECIALLY FOR YOUNGER CHILDREN**

***“If my shadow is shorter than me, I need to stay in the shade*”**

#### **References and Useful Links**

[Cancer Research SunSmart website](#)

[Sunsmart Lesson Plans](#)

[Sunsmart Assembly Plan](#)

[Skin \(The Karen Clifford Skin Cancer Charity\) Sun Safe School Scheme](#)

[NHS: Sunscreen and Sun Safety](#)

[National Cancer Intelligence Network \(NCIN\): Skin Cancer Hub](#)

[KAHSC General Safety Series G31 – Severe Weather Procedures](#)

[School’s own Intimate Care Procedures](#)



## SUN SAFETY LETTER TO PARENTS

School Address

Date

Dear Parent or Guardian,

Now the summer term has started, I wanted to write and tell you about our **sun protection procedures** to ensure we can all enjoy the sun safely over the coming months.

The sun's rays are particularly strong over the summer and they can damage children's skin, even on a cloudy day. This may not seem like a problem right now, but it can lead to **skin cancer** in later life. Your child's health and well-being are very important to us, which is why we:

- Spend time in school learning about sun protection.
- Provide shade in the playground.
- Encourage pupils to wear hats and t-shirts when outside.
- Encourage pupils to use at least SPF 15 and 4\* or higher sunscreen in summer months.

More details of these and our other sun protection plans can be found in our Sun Protection procedures which form part of our Health & Safety Policy (2 sides attached **and/or provide a link to where they can be found on your website**). I have also included a SunSmart information card which will explain how to keep your child safe from the sun at home.

Your support is very important if our policies are going to work. You can help by:

- Talking to your child about the importance of sun protection at home.
- Sending your child to school with a wide-brimmed or legionnaire style hat and wearing tops that cover their shoulders (vests and strappy tops are discouraged).
- Evenly applying a long-lasting sunscreen before the start of school, encouraging and developing your child's independence in applying it to themselves effectively, and sending a clearly labelled personal supply of sunscreen to school with your child so that they can reapply it during the school day if they need to. Even a long-lasting sunscreen can wash or rub off.

Together I hope we can have a very happy and safe term to come.

Yours sincerely

Head teacher



## GETTING SUNBURNT CAN DOUBLE THE RISK OF SKIN CANCER

Be SunSmart. Whether you are at home or abroad, protect your skin from sunburn.

### **Spend time in the shade between 11am and 3pm**

The summer sun is most damaging to your skin in the middle of the day.

### **Cover up with a t-shirt, hat and sunglasses**

When the sun is at its strongest, sunscreen is not enough.

### **Use SPF 15+ sunscreen with a high star rating**

Apply sunscreen generously and reapply often.

Young skin burns easily, so take extra care with children in the sun. And keep babies out of the sun, especially around midday.

Report unusual moles or skin changes to your doctor – finding skin cancer early can save lives.

**For more about being SunSmart visit:**

[cruk.org/sunsmart](http://cruk.org/sunsmart)

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Scotland (SC041666) and the Isle of Man (1103).

