



# Sun Protection Policy

## September 2020

Date	Review Date
September 2020	September 2023

<b>Head teacher:</b>		<b>Date:</b>	8.10.2020
<b>Chair of Governing Body:</b>		<b>Date:</b>	8.10.2020

The Governing Body of Girnhill Infant School are aware that skin cancer is one of the most common cancers in the United Kingdom, that most skin cancers are caused by UV radiation from the sun and that sunburn in childhood can double the chance of skin cancer in later life. The Governing Body has regard to the Department of Health Guidance "*Looking after Academy Children during Heatwaves - Guidance for Teachers and Other Professionals*" that is attached as Appendix 1.

We believe we have a duty to ensure the safety of pupils and academy personnel from the harmful ultraviolet rays in sunlight during the academy day by making them aware of the need of protection from the sun. We aim to develop a working and learning environment that will enable pupils and academy personnel to stay safe in the sun.

We wish to work closely with the Academy Council and to hear their views and opinions as we acknowledge and support Article 12 of the United Nations Convention on the Rights of the Child that children should be encouraged to form and to express their views.

## **Aims**

- To create a working and learning environment that provides sun safety for pupils and academy personnel;
- To ensure that pupils, academy personnel and parents are aware of the protection procedures for sun safety.

## **Procedures**

Shade:

- The academy playground has shade provided by the academy building, an outdoor shelter and by trees.
- The garden area and the play park both have shade provided by trees.
- Some of the outdoor games are sited in shady places and the games tables can be moved into the shade.
- Children will be reminded to play in the shade during lunchtime play.

## **Roles and Responsibilities**

### **Role of the Governing Body**

The Governing Body has:

- Delegated powers and responsibilities to the Headteacher to ensure that sun safety procedures are in place;
- Nominated a link governor to visit the academy regularly, to liaise with the Headteacher and to report back to the Governing Body;
- Provided funding for the purchase of adequate sun safety resources;
- Responsibility for the effective implementation, monitoring and evaluation of this policy.

## **Role of the Headteacher**

The Headteacher, in collaboration with parents and governors will undertake a sun safety audit by looking at:

- The length of time that pupils spend on outdoor activities;
  - The amount of shade cover available;
  - The kind of sun protection clothing that pupils and academy personnel wear;
  - The use of and the application of sunscreen lotion;
  - The amount of curriculum time given to sun safety;
  - The ways of communicating the importance of sun safety to the academy community;
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- Devise and implement a Sun Safety Action Plan from the results of the audit;
  - Provide annual sun safety training sessions for academy personnel and parents;
  - Requesting permission from parents and guardians to allow their child to have their face, arms and legs sponged with cool water if heatstroke is suspected;
  - Inform pupils of the need for sun safety by including it in the curriculum and through assemblies;
  - Purchase adequate sun safety resources and keep up to date with new developments and resources;
  - Periodically communicate with the academy community via weekly letters and the academy website of the need for sun safety;
  - Monitor the effectiveness of this policy.

## **Role of Academy Personnel**

Academy personnel must:

- Comply with this policy;
- Attend training sessions on the importance of sun safety;
- Include sun safety into their curriculum planning;
- Hold outdoor activities in shaded areas;
- Encourage pupils to use shaded areas during break times, lunchtimes, sporting activities and educational visits;
- Encourage pupils to drink more water in hot weather;
- Encourage pupils to wear appropriate clothing for sun protection;
- Encourage pupils to apply sunscreen before they come to academy;
- Lead by example and wear appropriate clothing for sun protection

## **Role of Parents**

Parents must:

- Be aware of this policy;
- Provide appropriate sun protection clothing for their children such as wide brimmed or legionnaire style hats and academy uniform tops that cover their shoulders;
- Be encouraged to apply to their children high factor sunscreen before academy;
- Allow consent for their child to have their face, arms and legs sponged with cool water if heatstroke is suspected;
- Show their children how to apply sunscreen themselves during the academy day;

- Be encouraged to attend sun safety workshops;
- Be encouraged to speak to their children about the importance of sun safety.

### **Role of Pupils**

Pupils must:

- Be aware of the importance of sun safety;
- Wear sun protection head wear and clothing;
- Be encouraged to use shady areas of the academy grounds;
- Bring to academy their own clearly labelled water bottle and drink more water in hot weather;
- Be able to apply high factor sunscreen.

### **Role of the Academy Council**

The Academy Council will be involved in:

- Determining this policy with the Governing Body;
- Discussing improvements to this policy during the academy year;
- Reviewing the effectiveness of this policy with the Governing Body.

### **Monitoring the Effectiveness of the Policy**

The effectiveness of this policy will be reviewed bi-annually, or when the need arises, and the necessary recommendations for improvement will be made to the Governing Body.

## **Appendix 1**

### **Looking after Academy Children during Heatwaves Guidance for Teachers and Other Professionals.**

High temperatures affect people of all age groups and climate change is likely to lead to an increase in heatwaves throughout the UK. Temperatures both outdoors and indoors may rise to such an extent that precautions to prevent children suffering from heat stress or heat exhaustion may need to be taken.

The Department of Health publication 'Heatwave – A guide to looking after yourself and others during hot weather' provides advice on what to do under such circumstances; the advice given here focuses specifically on children and is provided for teachers, academy nurses, assistants and others looking after children in academies, nurseries, Sure Start Children's Centres and other early years settings, including childminders. It will also be of use to those involved in the provision of before or after-academy childcare, clubs and to parents. This advice should be followed during periods of hot weather, but it is particularly important if a Level Amber or Red Heatwave Alert is announced. In the event of such an alert, health organisations and local authorities will be alerted by the Met Office.

#### **Outdoors**

- On very hot days (i.e. where temperatures are in excess of 30°C), children should not take part in vigorous physical activity.
- Children playing outdoors should be encouraged to stay in the shade as much as possible.
- Loose, light-coloured clothing should be worn to help children keep cool and hats of a closed construction with wide brims should be worn to avoid sunburn.
- Thin clothing or sun cream should be used to protect skin if children are playing or taking lessons outdoors for more than 20 minutes.
- Children must be provided with plenty of cool water \*and encouraged to drink more than usual when conditions are hot.

\*The temperature of water supplied from the cold tap is adequate for this purpose.

#### **Indoors**

Measures to avoid classrooms and other teaching spaces becoming unnecessarily hot are as follows.

- Windows and other ventilation openings should be opened during the cool of early morning or preferably overnight to allow stored heat to escape from the building. It is important to check insurance conditions and the need for security if windows are to be left open overnight.
- Windows and other ventilation openings should not be closed, but their openings reduced when the outdoor air becomes warmer than the air indoors. This should help keep rooms cool whilst allowing adequate ventilation.
- Use outdoor sun awnings if available, or indoor blinds, but do not let solar shading devices block ventilation openings or windows.

- Keep the use of electric lighting to a minimum during heatwaves.
- All electrical equipment, including computers, monitors and printers should be switched off when not in use and should not be left in 'standby mode'. Electrical equipment, when left on, or in 'standby' mode generates heat.

For further information on reducing temperatures within academy buildings and grounds see the [background information](#) page, and the Department of Health's Heatwave Plan 2008.

### **Maintaining children's health during hot weather conditions**

- Encourage children to eat normally.
- Encourage children to drink plenty of cool water\* on hot days. \*The temperature of water supplied from the cold tap is adequate for this purpose.

Other actions that can be taken include the following:

- If possible, rearrange academy start and finish times to avoid teaching during very hot conditions.
- Use classrooms or other spaces which are less likely to overheat in preference to others, and adjust the layout of teaching spaces to avoid direct sunlight on children.
- Oscillating mechanical fans can be used to increase air movement if necessary.

### **Which children are likely to be most affected by high temperatures?**

Children's susceptibility to high temperatures varies; those who are overweight or who are taking medication may be at increased risk of adverse effects. Children under four years of age are also at increased risk.

Some children with disabilities or complex health needs may be more susceptible to temperature extremes. The academy nurse, community health practitioner, family health visitor or the child's specialist health professional may be able to advise on the particular needs of the individual child. Academies need to provide for children's individual needs. Support staff should be made aware of the risks and how to manage them.

### **Actions to take if heat stress or heat exhaustion is suspected**

Teachers, assistants and academy nurses should look out for signs of heat stress and heat exhaustion.

#### **Heat stress**

Children suffering from heat stress will show general signs of discomfort (including those listed below for heat exhaustion). These signs will worsen with physical activity or if left untreated and can lead to heat exhaustion or heat stroke.

## Heat exhaustion

Signs of heat exhaustion include the following;

- Irritability
- Fatigue
- Dizziness
- Headache
- Nausea
- Hot, red and dry skin.

## Heatstroke

Sweating is an essential means of cooling and once this stops a child is at serious risk of developing heatstroke. Heatstroke can develop if heat exhaustion or heat stress is left untreated, but it can also occur suddenly and without warning.

The following steps to reduce body temperature should be taken at once.

- Move the child to as cool a room as possible.
- Sponge the child with cool, (not cold) water and, if available, place cold packs around the neck and in the armpits.
- Place the child near a fan.

If a child shows signs of confusion, follow the steps above. If a child loses consciousness, place the child in the recovery position and follow the steps above. **In both cases, call 999 or 112 for emergency medical assistance.**

**If sensible precautions are taken children are unlikely to be adversely affected by hot conditions.**

## The academy sun policy

This should include the provision for requesting permission from parents and guardians to allow their child to have their face, arms and legs sponged with cool water if heatstroke is suspected.