



Safety in the Sun Policy

Introduction

Advice for this policy was taken from Wirral's Sun Safety Guidance Document for Schools May 2017 which includes guidance provided by the Cancer Research UK SunSmart Campaign. We get around 80% of our sun exposure by the age of 21 and much of this exposure occurs when at school. Schools have a responsibility to ensure that pupils are protected from the harmful effects of the sun as much as possible during the school day. Although fair skinned people are more at risk from sun damage, sun protection is relevant to both fair and dark skinned children.

Why is sun protection important for children and young people?

Skin cancer is one of the most common cancers in the UK and the number of cases is rising at an alarming rate. The good news is that the majority of these cases could be prevented. Most skin cancers are caused by UV radiation from the sun. If we protect ourselves from the sun then we can reduce our risk. This is particularly important for children and young people whose skin is more delicate and easily damaged.

Sunburn in childhood can double your risk of skin cancer. You will not see the damage immediately because skin cancer can take years to develop. But children who are exposed to the sun now are storing up problems for the future.

The five key SunSmart skin cancer prevention messages are:

1. Stay in the shade 11-3 if the sun is strong
2. Make sure you never burn
3. Always cover up - wear a t-shirt, hat and wraparound sunglasses
4. Remember children burn more easily
5. Then use factor 15+ sunscreen.

At Irby Primary School we want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this through:

EDUCATION : It is important to raise awareness of why we need sun protection if you want to encourage children and young people to change the way they behave in the sun.

- We will talk about how to be SunSmart in assemblies at the start of the summer term.
- Parents and guardians will be reminded via the school newsletter how they can help at the beginning of the summer term.

PROTECTION: we consider sun protection when planning all outdoor activities from April to September

Shade:

- There is a canopy in the Year 1 Outdoor Area and in the playground.
- We have a shade on the grass by the adventure playground.
- We have climbers growing over the outdoor eating area.

Clothing:

- Children and young people are encouraged to wear wide-brimmed (or legionnaire style) hats when outside.
- School uniform tops offer suitable sun protection
- Children and young people are allowed to wear UV protective sunglasses
- We have school sun hats which will be available for F2

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 eg. during outdoor PE lessons and school excursions. Each child is encouraged to have their own labelled bottle of sunscreen.

- Sunscreen use will be encouraged on school trips.
- We will send letters home reminding parents to apply sunscreen to their children each morning during the summer months.

Overall:

- We will monitor our progress and review the policy annually.
- We include Sun Safety in the school curriculum.
- We monitor incidences of sunburn to see if these are decreasing

Additional Information can be obtained from:

SunSmart

www.cancerresearchuk.org/sunsmart/

NHS Leaflets

A Guide to Looking after Yourself and Others During Hot Weather available from:

www.dh.gov.uk/assetRoot/04/08/72/00/04087200.pdf

Health & Safety Executive Leaflets

www.hse.gov.uk/pubns/indg337.pdf Guide to Sun Protection

www.hse.gov.uk/pubns/indg147.pdf Keeping Your Top On

www.hse.gov.uk/temperature/issuesandrisks/sunprotection.htm

Meteorological Office

www.metoffice.gov

Signed by Chair of Safeguarding Committee

Date

Signed Headteacher

Date

(Each page must also be initialled)

Appendix- Sun Protection Checklists:

Sun Protection Strategy	In Place	Planned Soon	Not Planned	Comments
Sun protection and dangers of sunbed use are incorporated into curriculum for all ages				
All teachers and staff are made aware of this policy and the importance of sun protection				
Sun protection is actively promoted to pupils in other ways at significant points of the school year including before and during summer and prior to summer holidays(eg. assemblies, workshops, talks)				
Parents are informed of the importance of sun protection through information sent home in a letter informing them of our sun protection policy				
Sun Protection Strategy	In Place	Planned Soon	Not Planned	Comments
SHADE				
Fundraising for trees and shade structures				
Seats and equipment are moved to shady areas				
Organised activities make use of the shade available				
TIMETABLING				
Outdoor activities and events are planned outside of 11-3 where possible and appropriate(if this is sometimes unavoidable, ensure hats, clothing and sunscreen are worn to minimise risk of sunburn).				
In the summer term morning break is extended and lunch breaks shortened to avoid the midday sun				
CLOTHING				
Pupils are encouraged to wear wide-brimmed (or legionnaire style) hats when outside				
Pupils are encouraged to wear tops that cover their shoulders (vests and strappy tops are discouraged)				
School uniform tops and hats offer suitable sun protection				
Pupils are allowed to wear UV protective sunglasses				
Teachers and TA's, middays also wear suitable hats and clothing to reinforce role modelling.				

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SUNSCREEN

Sunscreen should be used for covering exposed areas of skin when shade may be unavailable and protective clothing is not practical eg. during outdoor swimming, PE lessons and school excursions. Choose a sunscreen with an SPF of at least 15 which is labelled broad spectrum to protect from UVA and UVB rays and ensure that sunscreen is applied regularly and generously.

At least SPF 15 sunscreen is encouraged for use. For the average person, this means two teaspoonful for the head, arms and neck or two tablespoonsful if in swimming costume.

Sunscreen is reapplied regularly, by pupils as it can be easily washed, rubbed or sweated off.

Each pupil has their own labelled bottle of sunscreen
