

# Ashford CE Primary School



## Sun Safety Policy

Signed: \_\_\_\_\_ P Wells \_\_\_\_\_

Approved by FGB: 14 July 2022

Chair of Governors

# Sun Safety Policy

## Our School Vision

We are a caring Christian community where everyone adopts an "I can" attitude; everyone feels valued, safe and loved by God. We celebrate our God-given individuality, achievements and talents and we aspire, with God's help, to become the best that we can be. We believe that each one of us has the ability to achieve our highest potential, living and learning in the fullness of God.

I can do all things through Christ who gives me strength.

*Philippians 4v13*

At Ashford CE Primary School, we acknowledge the importance of sun protection and want staff and children to enjoy the sun safely. We will work with staff and parents to achieve.

The aim of this sun safety policy is to educate children and staff at Ashford CE Primary School 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, governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school.

**EDUCATION** – the following measures will be undertaken by all staff:

- All children will have a lesson on keeping safe in the sun and reminders during the summer term.
- Parents and carers will be sent a letter explaining what we are doing about sun protection.
- Information on sun safety will be made available on the school website.

**PROTECTION** – this is more of an ongoing process.

*Shade:*

- When the sun is strong, we will encourage children to sit/play in the shade where it is available.
- We will hold outdoor activities in areas of shade whenever possible, e.g. towards the outer perimeter of the field where trees/boundary offers natural shade and encourage children to use these shady areas during breaks and PE lessons.
- Where possible or appropriate, all doors and windows facing the playground (within the secure boundary of the premises to maintain safeguarding) will be opened to provide a through breeze & classroom blinds should be drawn. Fans will be available

if needed but should not be used in temperature above 35 degrees as can increase the possibility of dehydration. Staff are aware of the signs of dehydration and the appropriate measures to take.

- We will turn off non-essential lights and electrical equipment as they generate heat.

#### *Timetabling:*

- Children will spend more time playing outside before 11am and less time outside over lunch on particularly sunny days.
- PE lessons will 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 children should be brought indoors, given time to rest and drink water.

#### *Clothing:*

- Children should bring hats to school that ideally the ears, face and neck.
- Children who do not have a hat maybe able to borrow one from school and parents will be reminded by staff that their child needs a hat in school.
- All staff will be encouraged to wear hats when outside to encourage safety in the sun.
- We will encourage children to wear loose-fitting clothes that provide good sun protection and may relax the uniform to allow wearing PE shorts during very hot weather.

#### *Sunscreen:*

- We will send letters home asking parents to send sunscreen to school. Staff will supervise children to apply sunscreen on days when the sun is strong.
- Parents and carers are strongly advised to bring in their own clearly labelled bottle of sunscreen for their child, at least factor SPF 15+ or ideally SPF 30+.

#### *Access to water:*

- Staff will 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. We recommend a named bottle with a sports cap, filled daily with still water. Squash type sugary drinks in water bottles are not permitted.

#### *Pupils with medical conditions:*

- Children with asthma, breathing difficulties or other relevant health conditions should avoid excessive physical exertion during extreme weather conditions. Staff are aware of children who have a low tolerance to hot/humid conditions.

In rare cases, extreme heat or sun can cause heatstroke. Staff will be provided with guidance and will be alert for heat related symptoms as follows:

## **Heat stress**

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

## **Heat exhaustion**

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- hot, red and dry skin
- confusion

## **Heatstroke**

When the body is exposed to very high temperatures, the mechanism that controls body temperature may stop working. Heatstroke can develop if heat stress or heat exhaustion is left untreated, but it can also occur suddenly and without warning.

Symptoms of heatstroke may include:

- high body temperature – a temperature of or above 40°C (104°F) is a major sign of heatstroke
- red, hot skin and sweating that then suddenly stops
- fast heartbeat
- fast shallow breathing
- confusion/lack of co-ordination
- fits
- cramps in arms, legs or stomach
- loss of consciousness

If anyone has these symptoms, they should rest for several hours, keep cool and drink water.

If symptoms get worse or do not go away medical advice should be sought. NHS Direct is available on 111.

**If we suspect a member of staff or pupil has become seriously ill, we will contact the emergency contact for the individual and call an ambulance. Whilst waiting for an ambulance we will:**

- 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 or using ice packs.
- If they are conscious, give them water to drink.

**Further information:**

Check the weather forecast and any high temperature warnings at: [www.metoffice.gov.uk](http://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](http://www.nhs.uk/summerhealth)

Cancer Research UK SunSmart policy

<http://www.sunsmart.org.uk/schools/schools-and-sun-protection>

DFE guidance for schools:

[Looking after children and those in early years settings during heatwaves: for teachers and professionals - GOV.UK \(www.gov.uk\)](http://www.gov.uk)