



CALTHWAITE C E SCHOOL

HEALTH & SAFETY POLICY - PART 3

SUN PROTECTION PROCEDURES

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Procedures

At Calthwaite C E School we are fully aware of the dangers that over exposure to sunlight can have on skin and acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. We will work with staff, pupils and parents to achieve this through:

1. Implementation

As a school we will:

- a) Develop staff awareness, i.e. through provision of information regarding sun safety and available resources to teachers.
- b) The SunSmart skin cancer prevention messages will be promoted by using the SMART code:
 - **S** tay in the shade 11am-3pm
 - **M** ake sure you never burn
 - **A** lways cover up with a t-shirt, hat and sunglasses
 - **R** emember to take extra care with children
 - **T** hen use at least factor 15+ sunscreen (30+ is considered best practice).

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 performing regular skin examinations.
 - d) All pupils’ sun cream/sticks/roll on must be clearly labelled. No child should share products belonging to other children.

2. Supporting Strategies

2.1 Education

These measures are in place from now on:

- All pupils will have at least one SunSmart lesson per year.
- We will talk about how to be SunSmart in assemblies at the start of the summer term and before summer break.
- The dangers of the sun will form part of the PSHE/science curriculum.
- We will provide parents with information on the type and recommended preventive strategies for sun safety through school newsletters and a letter home.
- We encourage and ensure through advance notice that parents, staff and students use a preventive approach on special, all-day activities such as PE days, educational visits and sports days.

2.2 Protection

This is an ongoing process. We have developed a proactive supervision procedure during the lunch break (i.e. checking pupils for appropriate attire such as sunhats etc., encouraging the use of shade etc.). This particularly focuses on pupils whose parents have not provided them with either sunscreen or protective clothing.

Shade:

- We provide a balance of indoor and outdoor activities during peak times and provide an indoor area to allow children to shelter from the sun. 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 utilise shaded areas for outdoor play. The Headteacher will organise a review of the outdoor areas around school with a focus on providing shade. The resulting action plan will be implemented and will be monitored by the governors responsible for Health and Safety and Buildings and Grounds. The action plan may result in:
 - Providing protective shade – buildings, awnings etc.
 - Providing shaded seating – under trees, parasols for picnic benches etc.

Timetabling:

- In the summer months we will aim to schedule outside activities, school trips and PE lessons before 11.00 am and after 3.00 pm if appropriate. If this is unavoidable we will ensure hats, clothing and sunscreen are all worn to prevent sunburn.
- Wherever possible, sports day will be held in the morning and finish before lunch to avoid the hottest part of the day.

Clothing:

- Sunhats will be considered to be part of school uniform and children will be actively encouraged to wear them.
- When outside in sunny weather, children are required to wear hats that cover the ears, face and neck.
- Children must wear tops that cover their shoulders (vests and strappy tops are not allowed).
- Children are allowed to wear UV protective sunglasses when outside during sunny weather.

Sunscreen:

- Sunscreen use will be encouraged on days when the sun is strong during summer at lunch breaks, during PE lessons and on school trips. Parents are encouraged to apply cream before the start of school. There are proprietary products on the market which only need to be applied once per day.
- Normally, pupils will be encouraged to apply their own cream (preferably a 'roll on' style) under the supervision of an adult.
- Adults may help children apply cream to face, neck and arms. Children should apply cream to their own legs. Adults may only apply cream where another adult is present.
- Staff will apply sun cream to pupils who cannot manage to apply it themselves appropriately. Generally these will be pupils with special educational/physical needs or very young pupils.

AS A GENERAL RULE OF THUMB, ESPECIALLY FOR YOUNGER CHILDREN

"If my shadow is shorter than me I need to stay in the shade"



BE SUNSMART
ENJOY THE SUN SAFELY

cruk.org/sunsmart

 **CANCER RESEARCH UK**

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

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