

**St Luke's C.E. Primary School**  
**Sun Smart Protection Policy**

Policy for Sun Protection  
Premises H & S Committee  
Reviewed Summer 2022  
For Review: Summer 2024

**Rational**

At St Luke's C.E. Primary School we want staff and pupils to enjoy the sun safely. However, too much exposure to ultraviolet light (UV) radiation from the sun can cause sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer and there is enormous potential for schools to help prevent skin cancer in future generations.

Schools are central to protecting children's skin because:

- Children are at school five out of seven days a week at times when UV rays are high.
- Most damage due to sun exposure occurs during the school years.
- Pupils and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Pupils spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Sunburn can occur when the weather is cloudy as 80% of UV rays pass through the clouds.
- Surfaces such as concrete, sand and water reflect up to 85% of the sun's rays.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.
- Schools can play a significant role in changing behaviour through role modelling and education.

The following measures have been adopted as the school's policy on sun protection.

**General Protection**

**Clothing:**

Pupils will be encouraged to wear suitable clothing for outdoor lessons / activities and during break / lunch periods, including clothing and headwear which protects shoulders, arms and neck.

**Sunscreen:**

All pupils will be encouraged to protect themselves by using suitable sunscreen products whenever they are likely to be exposed to the sun. In most cases, parents should apply a suitable sunscreen before school that will provide protection for at least five hours. In some circumstances, where a child is known to have particularly sensitive skin, parents should make arrangements with the school and provide a suitable sunscreen for application during the school day. The sunscreen should be poured into the child's hands and the child supervised as he/she applies it to their exposed skin. Care should be taken to ensure that the product does not come into contact with eyes or mouth. There may be occasions when a very young child or one who has special needs will require assistance with sunscreen application. In these cases, the staff concerned should have agreed a procedure with the parents concerned and application should not be

carried out when a member of staff is alone with the child. The school does not provide sunscreen for administering to children and staff should not provide their own products for the purpose.

**Shaded areas:**

Access to a cooler areas where pupils are not exposed to UV radiation for excessive periods should be made available to everyone. Staff should encourage children to make use of the shaded areas around the school grounds provided by the trees and the buildings / structures, particularly during the lunchtime period.

Opportunities should be taken to maximum use of shade during outdoor lessons / activities. In extremely hot weather, consideration should be given to the appropriateness of an activity if it means that children will be exposed to the sun for longer than the recommended periods.

**Water:**

Staff should ensure that access to water is available. Children are encouraged to drink throughout the day, during lessons and activities at the end of lessons / activities when the weather is hot. Pupils must provide their own water bottle and they should be monitored so that drinks are taken regularly rather than at one go.

**School events:**

School events such as sports days or sports tournaments should be planned so that excessive demands are not placed on pupils during the hottest parts of the day. Physical exertion over a prolonged period of time in high temperatures can be very dangerous.

Facilities must be available for providing respite from the sun's rays for all participants and spectators during the event. In excessively hot weather, it may be necessary to curtail the activities or, in extreme cases, to postpone the event altogether until the weather is considered more suitable.

**Educational visits:**

Where visits are arranged during the summer months, teachers should consider the availability of suitable shaded areas at the sites to be visited. Children should be encouraged to wear appropriate summer uniform / clothing and headwear. Parents should be asked to apply sunscreen before the visit. Pupils should take an adequate supply of liquids with them.

**Staff:**

Staff must remember that they are also vulnerable to the effects of the sun. They should be aware that they may be placing themselves at risk by spending excessive periods in direct sunlight and should ensure that they protect themselves by dressing appropriately and, if necessary, make use of sunscreen. By doing so they may be providing a good role model for the pupils.

**Weather forecasts:**

Forecasts provided by the media can give valuable information, particularly in regard to recommended time for exposure to the sun during the period between 11 a.m. and 3 p.m. when the sun's rays are at maximum strength. The following link can be used to gather the most up-to date information from the <https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/heat-health-alert-service> available from 1st June until 15th September.

**Education:**

Teachers in all year groups will explain clearly to children that exposure to the sun, especially in the summer months, can be cause sunburn and have even more serious effects. Children will be advised that in hot weather, they need to be sensible about what they wear and about the amount of time they can safely spend in direct sunlight, particularly during the longer lunchtime break. They should make use of the shaded areas around the school grounds and drink liquids regularly. They can also remind their parents to apply sunscreen before they come to school on days when hot, sunny weather is forecast.

**Summer 2022**