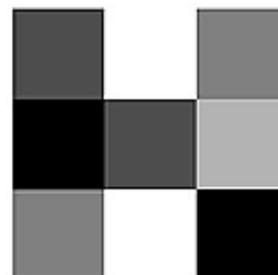


Holly Lodge Primary School

Sun Protection Policy and Guidance



Rational

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. The incidence of skin cancer has doubled over the last fifteen years and is now the second most common cancer with 2500 deaths annually.

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 making
- skin cancer is largely preventable through behaviour modification and sun protection during early years.
- schools can play a significant role in changing behaviours through role modelling and education,

At Holly Lodge School we acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. 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 area 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.

Liquids

Staff should ensure that access to liquids is available at the end of lessons/activities when the weather is hot. Water as opposed to fizzy drinks is recommended. Where pupils provide their own drinks 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.

In the event of suspected Heatstroke or Heat Exhaustion, the guidelines given in the Appendix below should be followed.

Educational visits

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

Details of facilities available for sun protection should be included in the information sheet and risk assessment provided to all accompanying staff and parents.

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.

Senior staff members must not place unreasonable duties on colleagues during hot weather and should be aware that some may be carrying out supervision in parts of the school where the heat is greater.

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 Met Office Heat-health watch, available from 1st June until 15th September:

<http://www.metoffice.gov.uk/weather/uk/heathealth/index.html>

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.

An appendix is attached giving guidelines for heat Exhaustion and Heatstroke.

This policy was reviewed February 2014 and approved by the School Governors at a meeting on 19th March 2014

It is due to be reviewed in February 2017



Appendix

Heat Exhaustion and Heatstroke Guidelines

In extremely hot conditions, the body's heat-loss mechanisms may fail. When the atmospheric temperature equals the body temperature it becomes impossible for the body to lose heat. High humidity also causes problems, as sweat will not evaporate well. In these circumstances, particularly during strenuous exercise when extra heat is generated by muscular activity, heat exhaustion or the more dangerous condition, heatstroke, may develop.

The symptoms of **heat exhaustion** are as follows:

- headache, dizziness and confusion;
- Loss of appetite and nausea;
- Sweating, with pale clammy skin;
- Cramps in the limbs or abdomen;
- Rapid, weakening pulse and breathing.

Once these symptoms are recognised the main aims are to move the casualty to cool surroundings and to replace lost fluids and salt:

- Help the casualty to lie down and raise legs;
- If conscious, help casualty to sip weak salt solution (one teaspoon per litre of water).

If casualty becomes unconscious, place in recovery position and summon an ambulance.

The symptoms of **heatstroke** are:

- headache, dizziness and discomfort;
- restlessness and confusion;
- hot, flushed, dry skin;
- a rapid deterioration in the level of response;
- a full, bounding pulse;
- high temperature.

Once these symptoms have been recognised, take the following steps:

- Move the casualty to a cool place and call an ambulance;
- Wrap casualty in a cold, wet sheet and keep it wet;
- Continue until the high temperature falls and replace wet sheet with a dry one.