

Sun Safety Policy

Arunside School



Approved by:	Headteacher	Date: 16 th June 2023
Last reviewed on:	April 2021	
Next review due by:	30 th April 2025	

Date	Section	Policy review updates:
May 2021	Suggestions to help cope with hot weather - Bullet point 5	The following content has been added to reflect the need for ventilation in rooms with recirculation air-condition systems: In rooms with recirculation air-condition systems the windows need to be open sufficiently wide to deliver the appropriate background ventilation when the air-conditioning is on. The following guidance will be used to manage ventilation during the COVID pandemic: https://www.cibse.org/coronavirus-covid-19/emerging-from-lockdown
February 2021	Heat Stress/Heat Exhaustion and Heat Stroke	The section on Heat Stress/Heat Exhaustion and Heat Stroke has been amended to reflect the advice given in the School's Emergency plan

Aim:

The aim of this sun safety policy is to protect children and staff from skin damage caused by the 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.

As part of the Sun Safety policy, our school will:

- encourage children to wear clothes that provide good sun protection
- hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips
- discourage sun-bathing
- work towards increasing the provision of adequate shade for everybody
- encourage staff to act as good role models by practicing sun safety
- regularly remind children, staff and parents about sun safety through newsletters, posters, parents' meetings, and activities for pupils
- make sure the Sun Safety Policy is working. We will regularly monitor our curriculum, the access children have to environments that provide shade, and review the sun safety behaviour of our young people and staff (use of hats, shade etc.)

Suggestions to help cope with hot weather:

- Pupils to wear hats when outside
- Pupils should wear sun cream. School will expect children to wear sun lotion, applied at home in the morning. However, when particularly hot and sunny weather is forecast, school will inform parents, via school comms that sun lotion can be brought into school but for this to be applied to skin by children, managed by individual class teachers
- Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so
- In rooms with recirculation air-condition systems the windows need to be open sufficiently wide to deliver the appropriate background ventilation when the air-conditioning is on. The following guidance will be used to manage ventilation during the COVID pandemic: <https://www.cibse.org/coronavirus-covid-19/emerging-from-lockdown>
- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20 minutes when children should be brought indoors, given time to rest and drink water
- Annual Sports' Day will be determined by preceding days' climate. Again, children spectating will not do so for more than 20 minutes at a time in extreme temperatures
- Parents/carers and children must be encouraged to follow these procedures at home

- Staff must also ensure they drink water regularly and take precautions against the high temperatures

In rare cases, extreme heat can cause heat stress or heat exhaustion, which if left untreated, can develop into heat exhaustion (although the latter can also occur suddenly and without warning)

Symptoms to look out for are: cramp in arms, legs or stomach; feeling of mild confusion or weakness; Irritability; fatigue; dizziness; headaches and nausea.

Remain with the person concerned and if it is suspected that a member of staff or pupil has become seriously ill, an ambulance should be called by following the normal emergency procedures which are documented in the office. Whilst waiting for the ambulance:

- Move the casualty to a cooler location if possible
- Increase ventilation by opening windows or use a fan
- Loosening any tight clothing or sprinkle with cold water to help cool the patient down (cold pack can be placed around the neck and in the arm pits)
- If they are conscious, continue to offer a drink of water
- Do not administer aspirin or paracetamol.

The school's Emergency Plan contains further details on managing Heatwaves (Appendix 11)