


Organisation	Preston Primary Academy Trust	
Title	Sun Protection Policy	
Author	Trust Health & Safety Compliance Officer	
Owner	Chief Executive Officer	
Protective Marking	OFFICIAL-Unclassified	

POLICY RATIONALE

Whilst we recognise that some sun is good for us, over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue for schools. During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is strongest (between 11am and 3pm). Without adequate protection, a child’s delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life.

Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. Around 90% of skin cancers are caused by over-exposure to UVR, so it is almost entirely preventable. Sun exposure in the first 15 years of life contributes significantly to a person’s lifetime risk of developing skin cancer, highlighting the importance of schools and parents working together to increase knowledge and influence behaviours, ensuring children are protected against UVR and learn how to enjoy the sun safely.

At Preston Primary Academy Trust, we acknowledge the importance of sun protection and want staff and pupils to enjoy the sun safely. Therefore, the main aim of this policy is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun.

To comply with the above this policy provides; the Trust’s rules that must be followed, the standards to be maintained and signposts to further guidance. It also highlights the risks to users, clients and the Trust and the potential consequences of breaching this policy.

This document will be available to the: Trust Chief Executive Officer, Board of Directors, Local Governing Bodies for all schools within the Trust, Headteachers, Employees within the Trust, 3rd Party Contractors working for or on behalf of the Trust and Volunteers.

Key Messages

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.
- Collaboration: Working with parents, the management structure and the wider community to reinforce awareness about sun safety.

Revision History

Revision Date	Reviser	Previous Version	Description of Revision
April 2024	Fiona Packer	V001	New policy

This policy will be reviewed as it is deemed appropriate, but no less frequently than every 3 years.

Sun protection

1	<u>Introduction</u>	7	<u>http://extranet.somerset.gov.uk/EasysiteWeb/getresource.axd?AssetID=36339&service type=Attachment</u> Education
2	<u>Clothing & Sun Hats</u>		
3	<u>Sunscreens</u>		
4	<u>Shade</u>		
5	<u>Monitoring UV</u>		
6	<u>Staff & Role Modelling</u>		
		8	<u>Teaching & Learning</u>
		9	<u>Sun Safe Schools</u>
		10	<u>Links & further information</u>

1 Introduction

At Preston Primary Academy Trust, we believe it is important to raise awareness of why our children need sun protection. We recognise that some sun is good for us but over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue. Sun exposure in the first 15 years of life significantly contributes to a person's lifetime risk of developing skin cancer, highlighting the importance of increasing knowledge and influencing behaviours, ensuring children are protected against UVR and learn how to enjoy the sun safely. This policy sets out how we protect children from the sun, educate about sun safety and how we collaborate with Parents/Carers and the wider community to reinforce awareness about sun safety.

2 Clothing & Sun Hats

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn.

Sun hats provided by both parents and schools should be:

- Either broad-brimmed, bucket style or legionnaire to adequately shade the face, neck, ears, and cheeks.

PRESTON PRIMARY ACADEMY TRUST – SUN PROTECTION POLICY

• Baseball caps are not recommended because they do not provide shade to the neck, ears, or cheeks. Whilst we do not recommend baseball caps, they are still better than no hat at all! However extra care should be taken to protect the neck, ears, and cheeks with sunscreen, as these areas can easily burn.

Our policy on clothing & sun hats

~ We actively remind parents to ensure children are equipped with an appropriate sun hat for use as required throughout the school day.

~ We make available additional/spare sun hats for all outdoor activities in the event a parent is unable to provide one, or if a child has lost or forgotten their own.

~ We ensure children wear their sun hat outdoors when UV levels reach 3 or above.

~ We actively discourage the use of Baseball caps; however, they are better than no hat at all.

~ We use Sun Safe strategies to encourage children to cover up like 'No hat, play in the shade or indoors'.

~ We ensure pupils wear school and PE uniforms that keep shoulders covered. Sunglasses are optional.

3 Sunscreen

Sunscreen is the last line of defence. It is useful for covering exposed areas of skin when shade and protective clothing are not practical e.g. during outdoor swimming, PE lessons and school excursions. The following are only suggestions – and the steps described in the SMART acronym below should be applied before sun lotion is considered.

Stay in the shade 11am – 3pm

Make sure you never burn.

Always cover up – wear a t-shirt, hat & wraparound sunglasses

Remember children burn more easily.

Then use factor 15+ sunscreen.

PRESTON PRIMARY ACADEMY TRUST – SUN PROTECTION POLICY

Sunscreen should be applied to areas of exposed skin that are not covered by clothing to protect it from Ultraviolet Radiation. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later in life.

In addition, the following factors should be considered where sun lotion may be applied.

- Send letters home asking for parental permission for teachers to supervise the application of sunscreen.
- Ensure that each pupil has their own **labelled** bottle of sunscreen (to avoid allergies etc.).
- Ensure that Sun Protection Factor (SPF) 30 or above is used as this will provide a higher level of protection against UV rays.
- Ensure that sunscreen is applied generously to exposed skin at least 20 minutes before going outdoors when UV levels reach 3 or above.
- Ensure that sunscreen is reapplied at least every 2 hours and more often if sweating/towelling.
- Ensure that once-a-day sunscreens are not used as the level of protection decreases over time and all sunscreens should be regularly re-applied to maintain the required level of protection.
- Ensure that all sunscreens are stored in a cool, dry, place.
- Ensure that the expiry dates on the sunscreens are checked as they become less effective over time. If an expiration date is not displayed, look for an open jar symbol which will have a number next to it (i.e. 9M or 12M) - that's the number of months you can safely use the sunscreen after opening.

Our policy on sunscreen:

~ We actively remind parents to ensure children are equipped with an appropriately protective sunscreen for use as required throughout the school day.

~ We ensure pupils apply sunscreen when UV levels reach 3 or above before extended periods of outdoor activities such as lunch breaks, PE, outdoor lessons, school trips.

~ A practical approach towards the application of sunscreen is necessary, with assistance provided only where necessary to younger or less able pupils, unless instructed otherwise by the parent/carer.

4 Shade

Our policy on shade includes the following:

- ~ We currently provide shaded areas outdoors where children can congregate for outdoor play and activities.
- ~ We conduct shade assessments to consider future needs and are committed to improving shade solutions where necessary.
- ~ We encourage children to play in the shade as much as possible when UV levels reach 3 or above, particularly between peak UV hours (11am-3pm).
- ~ We monitor and limit time children spend outdoors when UV levels are high, particularly during peak UV hours between 11am and 3pm.

5 Monitoring UV

Our policy on monitoring UV includes the following:

- ~ We are committed to monitoring the daily UV Index during warmer months to ensure appropriate sun safety measures are implemented when necessary.
- ~ UV levels will be monitored.

6 Staff & role modelling

Our policy on staff and role modelling includes the following:

- ~ We ensure all staff role model good sun safety behaviours such as applying sunscreen and wearing a sun hat when UV levels reach 3 or above.
- ~ We are committed to ensuring all staff are actively involved in the implementation of this policy and that they consider the UV forecast and sun protection/ control measures when planning outdoor play or activities.

7 Education & Communication

We are committed to educating all pupils annually about safe and unsafe exposure to the sun. The following measures are in place to demonstrate how we will achieve this:

- ~ All pupils will receive at least one lesson per year about the importance of sun protection.
- ~ We will talk about how to be 'Sun Smart' in assemblies and PSHE lessons.

- ~ Educational resources such as Sun Safe Schools will be used to enhance children's learning.
- ~ All pupils are actively encouraged to drink plenty of water regularly throughout the day to avoid dehydration.
- ~ Schools will communicate with parents regularly via newsletters, social media and other platforms regarding Sun Safety, the provision of sun hats and sunscreen etc.
- ~ Schools will display this policy on their school website for staff, parents, governors etc to see and adopt as required.

8 Teaching & Learning

Teachers take into consideration the following things when planning lessons:

- ~ When the sun is strong, we will encourage pupils to learn/play in the shade where it is available; seats and equipment are moved to shady areas.
- ~ Where there are trees in the Playground area, these will create shade, as will the building and external shelters.
- ~ During learning time if completing learning in the Outdoor Area, children will be asked to go inside if they have had too much sun. During lunch and break times, one classroom is made available for children who have had enough sun or who wish to be indoors.
- ~ Organised activities make use of the shade available.
- ~ When hot weather warnings are given out, Leaders will assess the safety of children being outside and where necessary reduce time spent in the sun.
- ~ Staff actively role model good sun safety behaviours such as applying sunscreen and wearing a sun hat when UV levels are high.
- ~ During Terms 4, 5 and 6, we aim to schedule outside activities, school trips and PE lessons when the children will not be in direct sunshine. If this is unavoidable, we will ensure hats, clothing and sunscreen are all worn to prevent sunburn.
- ~ Children will be allowed and encouraged to take their water bottles outside, and staff will encourage them to increase their water intake during lunchtime and break time.
- ~ Children will also have water bottles fully available throughout their learning time.

9 Sun Safe Schools

PRESTON PRIMARY ACADEMY TRUST – SUN PROTECTION POLICY

Sun safe schools is a free National Accreditation Programme, assisting primary schools in their duty of care and educating children on the importance of sun safety, to influence behaviours and prevent skin cancer.

The scheme also assists primary schools in implementing a suitable sun safe policy to protect the children in their care from over-exposure to UV during school hours and promotes the reinforcement of sun safety at home. Sun safe nurseries runs alongside the sun safe schools programme, introducing key sun safety messaging through song, book, and basic activities to help prepare pre-school children in understanding the importance of sun safety.

To register with sun safe schools please click here: <https://www.sunsafeschools.co.uk/register>

To register for sun safe nurseries please click here: <https://www.sunsafenurseries.co.uk/register>

10 Further Information/ Links:

Cancer Research UK [Sun safety | Reduce your skin cancer risk | Cancer Research UK](#)

Sun Safe Schools www.sunsafeschools.co.uk - free resource for UK primary schools (skcin.org)

HSE skin at work [HSE - Skin at work: Outdoor workers and sun exposure](#)

NEU <https://neu.org.uk/advice/health-and-safety/work-environment/hot-weather-and-classroom-temperature>

IOSH <https://www.ioshmagazine.com/2024/02/22/staying-safe-sun>

Government website - Looking after children and those in early years settings before and during hot weather: teachers and other educational professionals:

<https://www.gov.uk/government/publications/hot-weather-and-health-supporting-vulnerable-people/looking-after-children-and-those-in-early-years-settings-during-heatwaves-for-teachers-and-professionals#:~:text=Uniform%20rules%20should%20be%20relaxed,shade%20as%20much%20as%20possible.>

Appendix 1

Governance Arrangements

Policy Compliance

If any employee is found to have breached this policy, they may be subject to Preston Primary Academy Trust's disciplinary procedure.

Where it is considered that a criminal offence has potentially been committed, the Trust will consider the need to refer the matter to the police.

If you do not understand the implications of this policy or how it may apply to you, seek advice from the Trust Health & Safety Compliance Officer.

Policy Governance

The following table identifies who within Preston Primary Academy Trust is Accountable, Responsible, Informed or Consulted with regards to this policy. The following definitions apply:

- **Responsible** – the person(s) responsible for developing and implementing the policy.
- **Accountable** – the person who has ultimate accountability and authority for the policy.
- **Consulted** – the person(s) or groups to be consulted prior to final policy implementation.
- **Informed** – the person(s) or groups to be informed after policy implementation.

Responsible	Trust Health & Safety Compliance Officer
Accountable	Chief Executive
Consulted	Headteachers
Informed	All employees, contractors, volunteers, and 3 rd parties

Review and Revision

This policy will be reviewed as it is deemed appropriate, but no less frequently than every 3 years.

Policy review will be undertaken by a rolling programme established by the Trust Health & Safety Compliance Officer .

