



SUN PROTECTION POLICY

May 2019

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Rational

Too much exposure to ultraviolet light (UV) radiation from the sun causes 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. There is enormous potential for schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is 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.
- Schools can play a significant role in changing behaviours through role modelling and education.
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

Sun protection strategies

Pupils and staff are encouraged to wear protective clothing during summer term

School Clothing is made of close weave fabric and includes a range of options. In the summer months, pupils can wear polo shirts with collars, summer dresses and shorts (boys). Sports clothes should not include vest style tops.

Hats Children are encouraged to wear wide brimmed hats (6-10cm) that protect their face, neck and ears such as legionnaire or bucked hats, when they are outside.

Sunglasses Children's eyes are very sensitive to light. It is important therefore to protect their eyes by ensuring they wear wide-brimmed hats and sunglasses if possible. Ideally the sunglasses should have UV protection; they should meet the British Standard (BS EN ISO 12312-1*) and carry the "CE" mark. Check the label or ask a registered dispensing optician for advice. Parents may want to consider wraparound sunglasses to prevent harmful UV rays from entering around the frame.

Sunscreen

NB: We recommend that parents purchase the long lasting sunscreen to avoid the need to reapply during the school day.

Covering up and seeking shade are the most important sun protection measures. In addition, sunscreen can provide protection to exposed skin. However sunscreen should not be used to increase the amount of time spent in the sun. Pupils should be encouraged to apply sunscreen before school starts – SPF 30 or above.

If children do bring in sun cream for application at lunchtime, they must be able to apply it themselves and it must be clearly labelled with the child's name and class. Children are not allowed to share the sunscreen.

Shade

- The school makes sure there is sufficient number of shaded areas in the school grounds

- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to make use of available shaded areas when outside.

Role modelling

Encourage staff to act as role models by;

- Wearing protective hats, clothing and sunglasses when outside.
- Apply SPF 30+ sunscreen.
- Seeking shade whenever possible.
- Include skin cancer education in the curriculum.

Encourage families to act as role models by:

- Families and visitors are encouraged to use a combination of these sun protection measures when attending and participating in outdoor activities.
- Schedule outdoor activities before 11am or after 3pm if possible
- Encourage parents to support the school by acting as role models and providing protection for their children.
- Be positive in your approach. Allow sun protection strategies to be fun, involve everyone, and provide choices. .
- Encourage fund raising events for materials and shady structures.