



Scalford C of E Primary School

SAFE SUN POLICY 2018

Please also refer to: Child Protection and Safeguarding Policy.

Headteacher: Mrs M Waring

Date: 26.01.18

Chair of Governors: Mrs Elizabeth Bryan

Signed copy in School Office

SAFE SUN POLICY AIMS:

- To present information to parents and children about enjoying the sun safely
- To encourage children to take responsibility for their own safety based on a clear knowledge and understanding of the dangers of exposure to the sun
- To incorporate the knowledge of sun care in to other curriculum areas and discussion opportunities
- To make children aware of areas within our school environment which provide shade
- To make children aware of the potential dangers of the sun and how to protect themselves from these when in other settings away from school, e.g. school visits and residential visits.

INTRODUCTION

Sunshine makes the world a pleasant place to live, has a positive effect on how we feel and makes us want to be outside enjoying the sunny weather. We must also recognise, however, that U.V. rays from the sun can be harmful, particularly to children's young skin and eyes. The heat from the sun can also cause dehydration and sunstroke.

GUIDANCE To Prevent Harm:

- Wear suitable clothes which cover vulnerable areas of the skin, particularly back, shoulders and neck
- Wear hats which cover the head and neck [these can be brought to school to wear at playtimes and at dinner time and during PE sessions]
- Parents should apply high protection sun cream, preferably SPF30+ before school but can also provide sunscreen for their children who could, in turn, be taught how to apply it for themselves

Applying Sun Cream:

- In the event of the child being on a residential visit parents should teach children to apply sun cream themselves and staff will remind them to do this during the period of the visit
- Children should drink plenty of water. They can bring bottles of water in to school to keep handy. Cool running water is always available at school via our water fountain
- Children are encouraged to sit and play in the shade when it is very hot. If this is not possible then a member of staff should stay in the classroom or village hall so that children can also stay inside if they prefer
- Teachers should take care not to keep children outside for prolonged periods during PE lessons when the sun is very hot. Lessons may be shortened or combined with periods in the hall

I have attached some tips which I hope you find informative. Please follow this link for more information and a short clip on how to apply sun cream.

<https://www.nhs.uk/Livewell/skin/Pages/Sunsafe.aspx#safety> (accessed 26/01/2018)

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen

What factor sunscreen (SPF) should I use?

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 15 to protect against UVB
- at least four-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the [sunscreen is not past its expiry date](#). Most sunscreens have a shelf life of two to three years.

Don't spend any longer in the sun than you would without sunscreen.

What are the SPF and star rating?

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.

SPFs are rated on a scale of 2-50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.

The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to five stars on UK sunscreens. The higher the star rating, the better.

The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least one third of the SPF value and meets EU recommendations.

Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.

How to apply sunscreen

Most people don't apply enough sunscreen. As a guide, adults should aim to apply around:

- two teaspoons of sunscreen if you're just covering your head, arms and neck
- two tablespoons if you're covering your entire body while wearing a swimming costume

If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried you might not be applying enough SPF15, you could use a stronger SPF30 sunscreen.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears – and head if you have thinning or no hair – but a wide-brimmed hat is better.

Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.

This includes applying it straight after you've been in water – even if it's "water resistant" – and after towel drying, sweating, or when it may have rubbed off.