



BIDSTON AVENUE PRIMARY SCHOOL

SUN SAFETY GUIDANCE

Aims

The aim of this Sun Safety Guidance is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun.

The main elements of this guidance 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.

This school believes in Sun Safety:

To ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

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

- Educate children throughout the curriculum about sun awareness.
- 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 visits. Sunbathing is discouraged.
- Work towards increasing the provision of adequate shade for everybody.
- Encourage staff and parents to act as good role models by practising sun safety.
- Regularly remind children, staff and parents about sun safety through newsletters, posters, parents meetings and activities for pupils.
- Invite relevant professional (school nurses and health promotion officers) to advise the school on sun safety.
- Ensure that the Sun Safety Guidance is working. We will regularly monitor our curriculum, assess shade provision 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 are to wear hats when outside.
- Pupils should wear sun cream. Parents are asked to put cream on children prior to attending school.
- Sunglasses are not permitted in school, this is for the child's safety and ownership.
- 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.
- Where possible, all doors and windows should be opened to provide a through breeze and classroom blinds should be drawn.
- 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 before continuing the lesson.

- Annual Sports Day will be determined by preceding days' climate. Again, children spectating should not do so for more than 20 minutes at a time.
- Pupils with asthma, breathing difficulties or other relevant health conditions should have their medication available.
- Parents/carers and children must be encouraged to follow these procedures at home.
- Staff must also ensure that they drink water regularly and take precautions against the high temperatures.

In rare cases, extreme heat can cause heatstroke, symptoms to look out for are:

Cramp in arms, legs or stomach, feeling of mild confusion or weakness.

- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
- If symptoms get worse or do not go away, seek medical advice.

If you suspect a member of staff or pupil has become seriously ill, call an ambulance. While waiting for the ambulance:

- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.
- If they are conscious, give them water or fruit juice to drink.
- Do not give them aspirin or paracetamol.

Last reviewed: October 2019