



Saint David's CiW Primary School
Ysgol Gynradd yr Eglwys yng Nghymru Dewi Sant



Sun Protection Policy

Document Control

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Author	
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Revision History

Revision Date	Revision	Previous Version	Description of Revision
	1.0	N/A	Policy created and signed off

Signed by Chair of Governors on behalf of the Governing Body

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Signed by the Headteacher:

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Date approved: (by full Governing Body)

Date of review:

Sun Protection Policy

The aim of the 'sun safety' policy is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun. At St David's CiW Primary School, we want staff and pupils to enjoy the sun safely.

We will work with staff, pupils, parents and guardians to achieve this through:

- Educating children throughout the curriculum about the causes of skin cancer and how to protect their skin.
- 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. Sunbathing is definitely 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 professionals such as school nurses and health promotion officers to advise the school on sun safety

Sun Protection

- Pupils to wear hats at all times when outside in the sun.
- Pupils should wear sun cream applied at home by parents.
- 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.
- 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 and sun shelter should be provided.
- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities in extreme heat conditions.
- 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.

Sunscreen

Parents and guardians are encouraged to apply sunscreen prior to the start of the school day. Children are encouraged to bring sunscreen to school, this should be

clearly labelled with their name and there should be opportunities for them to re-apply throughout the day. Sun cream should not be shared with other children and staff are unable to apply sunscreen to individual pupils.

Sun Exposure Risks

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, parents should be informed immediately.

If symptoms get worse or don't go away medical advice and support should be sought immediately.

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.
- If they are conscious, provide them water to drink.