



Allendale Primary School Sun Protection Policy

Rationale:

At Allendale Primary School we believe in promoting Sun Safety to ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight. 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.

School can contribute significantly to protecting children's and staff skin as:

- Children and staff are usually at school five out of seven days a week when UV rays are high.
- Damage to skin can occur during school years.
- School can play a significant role in changing behaviours through role modelling and education.
- Pupils and staff are at risk of sunburn with 10-15 minutes of being exposed to strong sunlight.
- Pupils can spend up to 1.25 hours per day outdoors, more if involved in sport or outdoor activities.
- Skin cancer is largely preventable if appropriate care is taken during the early years and sun screen used regularly.

Raising Awareness:

It is important that pupils and staff enjoy the sunny weather safely. We will work with pupils, staff and parents to achieve this by:

- Using whole school assembly time to reinforce the Sun Smart message.
- Using PSHE lesson time to reinforce sun safety message.
- Using the newsletter and website to promote the sun safety message to parents and carers.
- Using the newsletter and website to promote use of sun screen in school.
- Using the newsletter and website to promote 'water is cool in school' initiative.

Use of Sun Screen:

Sun screen use will be encouraged during the summer months. Parents will be asked to provide sun screen, factor 15 or higher, for their child in a labelled container. This must not be used for other children in case of allergy or skin sensitivity. Parents will also be notified that children must apply sunscreen themselves; staff are not allowed to do so unless a child has Special Educational Needs or is too young to do so effectively. In these cases written permission must be given by parents for staff to apply the sunscreen and they will only do so to face, neck, arms and lower legs, in an open area.

Measures to be taken in the Sun:

- We have limited shade on site, however when the children are using the field in sunny weather, they will be encouraged to take shade under the trees as much as possible.
- Ensure sunscreen has been applied.
- Encourage children to wear hats and sunglasses when outside.
- Staff should act as role models and apply sunscreen, wear a hat and sunglasses when appropriate.

Appendix 1

Guidance for Teachers on Pupils' Application of Sun Screen

Under the terms and conditions of their contracts, teachers are not required to administer medicines or to give first aid to pupils. There is however no legislation that prevents teachers and support staff from administering sunscreens where other controls cannot provide protection, but this would be on a purely voluntary basis. Teachers will use their professional judgement to decide whether or not they volunteer to administer medication or sunscreen.

Where, through risk assessment, it has been decided that all other control measures such as limiting exposure and use of shade, are either inadequate or unavailable and the use of sunscreen to provide protection cannot be avoided, the following advice must be considered:

- The protective effect of sunscreen products is reduced over time, as the sunscreen is absorbed and / or rubbed off.
- Sunscreen applied before school, generally, provides insufficient protection for a whole day, unless specific long-life creams have been used.
- The majority of children will be able, with some direction, to apply sunscreens themselves, self-application is recommended. This prevents allegations of abuse and encroachment into learning time
- Dermatologists recommend that a sunscreen with a sun protection factor (SPF) of 15 or above, and capable of protecting against UVA and UVB spectra, will provide children in this country with adequate protection.
- Sunscreens should not be used to prolong the amount of time spent in the sun but as a form of protection when other measures are unavailable or impractical, or when additional protection is required.

At school this would include:

- Outdoor breaks, particularly lunch breaks
- PE or other outdoor lessons
- Sports days
- Educational visits
- Community Events

Where the decision has been made to use sunscreen as a control measure, it will be necessary to ensure that they are applied correctly: teachers need to advise pupils to:

- Use about a dessert spoon of the cream / lotion (sufficient for a child, the equivalent for babies and adults is about a teaspoon and tablespoon respectively).
- Spread it evenly over the exposed areas of the body (face, neck, arms and legs) with particular attention to those areas that burn easily. Such as the ears and neck.
- Rub it in well. Young children and some children with special needs may require assistance.

Staff should avoid touching a pupil in a way that might be considered indecent and should be aware of those children for whom touching is unwelcome. Permission for someone else to apply sunscreen must be gained from parents and carers.

Staff who help to apply sunscreens should do so only on the face, neck, arms and lower legs to minimise the risk of abuse allegations. Support should only be given in an open area or with another adult present.