SUN SAFETY POLICY

Responsibility:	L E Pownall
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1.1 Introduction: Why Do We Need A Sun Safety Policy?
The general public experience 80% of their exposure to the sun before the age of 21, and the majority of that exposure occurs when a child or young person is at school. Schools therefore are a prime location to promote early awareness and prevention for skin cancer. A Sun Safety Policy will help students to stay safe in schools and to adopt a healthy lifestyle. Skin cancer is very rare in children. But many skin cancers take years to develop. Damage to the DNA of our skin cells when young, may develop into skin cancer several decades later. The most serious type of skin cancer - melanoma - is the second most common cancer in 15 to 34 year olds. Studies have found that sunburn during childhood can increase the risk of skin cancer later on in life. This is why it is important to ensure that children stay safe in the sun.

2.1 Education
Learning about sun safety to increase knowledge and influence behaviour
- As part of the School PSHE programme students are informed about sun protection as well as the dangers of using sun beds.
- In assemblies during the summer term, students are informed and reminded about the importance of sun protection and how this is achieved.
- On the School Website, parents/carers are informed via the Sun Safety Policy, of the action school is taking to protect students from the sun and also advice is provided to guide them on how they too can help protect their children from the sun's rays.

2.2 Protection from Exposure to the Sun
Providing an environment that enables students and staff to stay safe in the sun.
- On arrival to school in the mornings, during morning breaks and at lunchtimes students have the option to remain indoors and those who vacate the building have the option to keep to the shaded areas of the school site.
- Outdoor seating has been installed in a covered area to provide additional shade.

2.3 Clothing
- Students wear t-shirts during PE lessons to protect them from the sun.
- Staff wear protective clothing when working outside
- During prolonged exposure to the sun e.g. Sports Day or during educational visits, staff and students are encouraged to wear protective clothing, and are advised to apply sunscreen.

2.4 Sunscreen
- Students are encouraged to bring to school and apply at least factor 15+ sunscreen.
- Students will be reminded of this during assemblies.
- Sunscreen will be encouraged particularly when students are exposed to the sun for prolonged periods of time e.g. on educational visits and during Sports Days.

2.4 Water
- Students and staff are encouraged to drink plenty of drinking water as extra fluids are needed in hot weather to prevent dehydration. Water fountains are available around the school site.

3.1 Working Together to Protect Children in the Sun

Tips for Parents/Carers
- **Set good habits for the future** Teaching children safe sun habits while they are young sets a good pattern for later life.
- **Remember you can burn in the UK** The Great British sun is quite capable of burning your child! Take extra care at home as well as abroad.
- **Use sunscreen wisely** Use at least a factor 15 sunscreen and choose a "broad-spectrum" brand that has a four or five-star rating. Apply to areas that cannot be protected by clothing, such as the face, ears, feet and backs of hands. Choose sunscreens that are formulated for children's skin. These products are less likely to contain alcohol or fragrances that might irritate the skin and cause allergic reactions.
- **Apply sunscreen generously and regularly**. Put some on before children go outdoors. Sunscreen can easily be washed, rubbed or sweated off – so reapply often throughout the day.
- **Don't forget school times** Remember break times and lunch breaks on summer school days too. If they can't apply sunscreen at school, cover their exposed skin before they go.

Useful Websites
- SunSmart website – www.sunsmart.org.uk
- Skin Cancer Hub website – http://www.swpho.nhs.uk/skincancerhub/