



INSPIRING FUTURES PARTNERSHIP TRUST

SUN and HEAT SAFETY POLICY

Policy Type	Health and Safety
Updated by	Victoria Morris
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INSPIRING FUTURES PSRTNERSHIP TRUST

SUN and HEAT SAFETY POLICY

Rationale

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. In addition, excessive heat can cause heat stroke, dehydration and exhaustion.

There is enormous potential for schools to help prevent skin cancer in future generations. Schools are central to protecting children. This is because:

- Children are at school five out of seven days a week at times when UV rays are high.
- Most damage due to sun exposure occurs during the school years.
- Schools can play a significant role in changing behaviours through role modelling and education.
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.
- Schools can influence the amount of water children are drinking through the day.

Sun Protection Strategies

Pupils are encouraged to protect themselves with the following suggestions:

- **School Clothing** is made of close weave fabric and includes shirts with collars and short sleeves, longer style dresses and shorts/leggings.
- **Hats** caps, sunhats and legionnaire style hats are encouraged
- **Sunscreen** long-lasting applied before school starts. Children with skin particularly vulnerable to sunburn may be permitted to apply their own sunscreen, supervised by an adult, if approved by the Managing Medicines Senior Leader, and if the non-prescription medication form is completed by the parent.
- **Water bottles** brought in from home to be refilled and drunk from throughout the day and especially before and after break-times and PE lessons.

Shade

- The school endeavors to provide sufficient number of shelters and trees, providing shade in the school grounds particularly on occasions where long exposure is likely e.g. Sports Day.
- Shade provision is considered by the Principal and Trustees in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Children are encouraged to make use of available shaded areas when outside.
- Teaching and support staff consider availability of shade when planning outdoor learning and PE lessons on school grounds, and ensure that opportunities to rest in shade are provided, as appropriate.

Heat Safety Measures

Staff will:

- Open all available windows early in the day.
- Allow time before and after breaks for drinking water and refilling bottles.
- Be aware that there may be an increased need for pupils to use the toilet.
- Move, shorten, modify or cancel outdoor PE, or other outdoor lessons, as appropriate.
- Encourage children to remove cardigans and jumpers.
- Seek shady spaces for learning.
- Be conscious of the signs of heatstroke- headaches, dizziness, nausea, red and dry skin, floppy and sleepy, muscle cramps and call parents if heatstroke is suspected. They will advise parents to put the child in a cold bath or shower and to drink plenty of cold fluids.
- Be conscious of children who may be fasting for Ramadan during this time, keeping them in cool places. If concerned, contact parents to request that they are allowed to drink water and/or eat and fast on a cooler day.

STAFF will also

- Teach about sun safety as part of the PSHE curriculum
- Encourage sun and heat-safe behaviours,
- Model sun and heat-safe behaviours themselves including: ensuring they take time to drink and refill their own water, apply sunscreen before duties/outdoor lessons, wear sun safe clothing/hats etc.
- Encourage families to support these measures via school and year group newsletters and social media