

Painsley Catholic Academy Sun Safety Policy

The damage that can be caused by over exposure to the sun is now widely acknowledged. Too much sun can cause skin damage including sunburn, premature ageing and skin cancer. Skin cancer is now the second most common type of cancer in the UK with over 40,000 new cases and 1,800 deaths each year. This is an issue for all ages, but extra care needs to be taken with children as sunburn in childhood can lead to long term skin damage.

By definition, the harmful effects caused through over exposure will only occur when pupils are out of doors for prolonged periods e.g. on school trips or on sports days.

It is the policy of the college to minimise the risks associated with over exposure to the sun. This will be achieved by adhering to the following guidelines.

- All parents will have access to this policy through the college web site and a summary of the policy will be included in student journals / planners.
- All staff will be informed of the dangers associated with over exposure to the sun and how to remain safe through Emmaus time as part of the college's health and safety information programme. This will take place at the start of the summer term.
- Parents will be informed of the importance of sun protection through information sent home in a letter informing them of the sun protection policy.
- When planning events/activities outside the college will ensure that the organising staff are fully informed of the dangers of over exposure to sun. This factor will be considered when preparing the activity risk assessment so that adequate precautions can be made. **The following precautionary measures will be drawn to the attention of all staff prior to such events taking place:**

1. Thorough Planning

Minimise the risks by limiting the amount of time that pupils are required to spend exposed to the sun.

Consider the timing of events; the sun's harmful rays are most intense between midday and early afternoon.

When it is very hot, keep children out of the sun altogether.

2. Shade from Direct Sunlight

Make use of all available shade provided by buildings, trees, etc. Provide shade when necessary.

3. Clothing

Encourage parents to send their children to school with a suitable broad brimmed hat which provides head, face and neck protection from the sun.

4. Allow pupils to wear sunglasses, bearing in mind that for safety reasons, eyewear might be inappropriate for certain activities, particularly physical education.

5. Encourage pupils to wear loose fitting clothing whenever they are not participating in physical activities.

6. Sunscreens

Use of sunscreens to protect exposed skin will be permitted and encouraged in college.

Parents should be encouraged to provide appropriate sunscreen products for their own child(ren). The college will avoid supplying sunscreen.

Teachers and others in positions of responsibility should ensure that these are used correctly and re-applied as appropriate. Children should apply their own sunscreens wherever possible. Where parents are present, say for sports day, they should be encouraged to check/apply sunscreen to their child(ren) as required.

In certain circumstances, children may need assistance with the application of sunscreen. Where this is the case, staff must avoid compromising situations by always ensuring that a second member of staff is present during the application.

The college has a duty of care to look after the welfare of pupils, and it may, in certain circumstances, be necessary for pupils who are inappropriately dressed or prepared, to avoid or minimise exposure by “sitting out” of the sun as much as possible.

7. Drinks

Children can dehydrate very quickly when exposed to the sun's rays. Consideration should be given to the availability of drinks especially at events where children could be outside for a few hours. Students should have access to drinking **water free of charge**.

HSE Sun Protection Six Point Code

The Health and Safety Executive recommend the following 6 point code.

1. Keep your top on. Clothing forms a barrier to the sun's harmful rays especially tightly woven fabrics.
2. Wear a hat with a brim or flap that covers the back of the neck and ears to avoid sunburn.

3. Stay in the shade, whenever possible, especially at lunchtime.
4. Use a high factor sunscreen of at least factor SPF 15 on exposed skin. Apply as directed on the product.
5. Drink plenty of water to avoid dehydration.
6. Check your skin regularly for unusual spots or moles which may have changed. See a doctor immediately if you see anything that is changed in shape, size, colour or is itching or bleeding.