

ROKEBY SUN PROTECTION POLICY

Member of Staff Responsible	Director of Sport
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Approved By Governors	N/A
Distribution:	All Staff

INTRODUCTION

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

Adopt sun protection strategies

Encourage students and staff to wear protective clothing during summer term

- **School Clothing** is made of close weave fabric and includes shirts with collars and longer sleeves and shorts. Sports clothes should not include vest style tops.
- **Hats:** Children are required to wear either wide brimmed hats (6-10cm) or caps that protect their face, neck and ears. All members of the Games Staff are provided with either a broad brimmed hat or baseball cap and are asked to wear them at appropriate times.
- **Sunglasses** Children's eyes are very sensitive to light. It is important therefore to protect their eyes. Sunglasses may be worn during games lessons and competitive fixtures. Make sure the sunglasses have UV protection. (Look for BS EN 1836:1997 on the label.)
- **Water Bottles.** Children are encouraged to bring water bottles to school and to drink from them regularly. During morning and lunchtime breaks these bottle can be taken outside so the children are able to refill them.

Sun Cream:

- Covering up and seeking shade are the most important sun protection measures.
- In addition, sunscreen can provide protection to exposed skin.
- Sunscreen should not be used to increase the amount of time spent in the sun.
- Pupils should be encouraged to apply sunscreen before school starts – SPF 15 or above.

- Pupils are encouraged to bring in sun cream for application at lunchtime and prior to any outside activity (PE, Games etc) – Year 3 and above. Staff should remind boys to regularly apply their sun cream.
- Staff are not permitted to apply sun cream to the boys.
- Those boys playing in fixtures resulting in them being exposed for long periods of time will be reminded by staff to apply sun cream and wear their hat.
- School Trips:
 - No sunscreen will be applied by staff during off site trips. Parents are advised to apply sunscreen before arrival at School.
 - On overseas residential trips, sunscreen use will be encouraged and staff will remind boys on a regular basis.
- Sunscreen cannot be shared between boys due to possible skin allergies.

Shade

- The school makes sure there is sufficient number of shelters and trees providing shade in the school grounds particularly in areas where pupils congregate.
- Shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Pupils are encouraged to make use of available shaded areas when outside.
- Support recommendations to seek shade during breaks and dinner hour.
- Provide permanent or temporary shady structures within school grounds.

Role modelling

- Encourage staff to act as role models by;
 - Wearing protective hats, clothing and sunglasses when outside.
 - Apply SPF 15+ broad spectrum, water resistant sunscreen.
 - Seeking shade whenever possible.
- Include skin cancer education in the curriculum (see education section of the policy).
- Encourage parents to support the school by acting as role models and providing protection for their children.

Education

- All pupils will have at least one SunSmart lesson per year.
- The School will talk about how to be SunSmart in assemblies at the start of the summer term. We will invite guest speakers to discuss this issue when appropriate.
- Parents and guardians will be sent a letter explaining what the school is doing about sun protection and how they can help at the beginning of the summer term.
- All staff will receive special SunSmart information.

Reviewing and evaluating the policy

- Review current health education guidelines annually.
- Conduct small surveys in school, e.g. attitudes and behaviours towards sunshine, level of knowledge of sun protection strategies, number of teachers/students sunbathing /using shaded areas during lunchtime.
- Incorporate into curriculum.