



Hobletts Manor Infants' School



Hobletts Manor Junior School

### Sun and Heat Protection Policy Hobletts Manor Schools

This policy has been created using the government guidance July 2023 'Looking after children and those in Early Years settings before and during hot weather.' It has been created to ensure that as schools we are promoting a good level of sun/heat protection, education collaboration and sun safety for our children and families.

- **PROTECTION:** providing an environment that enables children and staff to stay safe in the sun.
- **EDUCATION:** learning about sun safety to increase knowledge and influence behaviour.
- **COLLABORATION:** working with parents, the management structure and the wider community to reinforce awareness about sun safety and skin cancer prevention.

Our schools are aware that we are in an important position to help protect children's skin because:

- children are at school five out of seven days a week at times when UV rays are high and spend time outside each day.
- 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
- the development of skin cancer in later years is largely preventable through behaviour modification and sun protection during early years

### OUTDOOR PROTECTION MEASURES

Our schools will undertake the following measures to ensure sufficient sun/heat protection for children and staff:

#### **Priority 1 - Clothing**

- Children and staff are encouraged to wear protective clothing during the summer term that is loose to keep cool but covers the skin as much as possible. Our school uniform policy provides flexibility and it is advised that parents/carers choose items made from fabrics with a close weave, and this includes polo shirts, long sleeved shirts, longer style dresses/skirts and long shorts. PE kit includes the requirement for t-shirts to be worn; no vest style tops are permitted. *Note those in wheelchairs are at particular risk and are encouraged cover their legs as much as possible.*
- Children are strongly encouraged to wear hats (preferably wide-brimmed) that protect their face, neck, and ears, when they are outside in hot, sunny weather.

## **Priority 2 - Shade**

- Our schools guide children towards playing/working in shaded areas/taking regular opportunities to be in the shade in hot weather.
- The availability of shade is a consideration when planning excursions and outdoor activities, as part of the risk assessment process.

## **Priority 3 - Sunscreen**

*Covering up and seeking shade are the most important sun protection measures but in addition, sunscreen can provide protection to exposed skin. However, sunscreen should not be used to increase the amount of time spent in the sun.*

- Parents/carers are encouraged to apply waterproof sunscreen in the morning before school starts – SPF 30 or above.
- Sunscreen will be available at individual classroom doors in the Nursery and Infants' School/Parent Partners in the Junior School when children arrive at school for parents/carers to put on their children if they have been unable to do so before leaving home and do not have any sunscreen with them.

*Note – where parents/carers feel that it is appropriate, for example on swimming days, a permission form can be signed and sun cream labelled with the individual child's name can be kept in school for self-administration by the child in the middle of the school day, Staff will do their utmost to supervise self-application.*

## **INDOOR PROTECTION MEASURES**

- Where possible, classroom doors as well as windows will be opened to encourage cross ventilation
- Windows will be opened as early as possible in the morning before children arrive.
- Windows will be closed when the outdoor air becomes warmer than the air indoors – this to help keep the heat out while allowing adequate ventilation. Indoor blinds or curtains can be closed where possible but should not block ventilation.
- Electric lighting will be kept to a minimum and equipment will not be left in 'standby mode', as this generates heat. Mechanical fans may be used to increase air movement if temperatures are below 35°C – at temperatures above 35°C fans may not prevent heat-related illness and could worsen dehydration.
- Children will continue to be encouraged to drink water regularly to remain hydrated and more regularly than usual in hot weather.

## **STAFF AS ROLE MODELS**

School staff are encouraged to act as role models for sun safety by:

- wearing protective hats and clothing when outside with children
- wearing SPF20+ sunscreen
- seeking shade wherever possible
- encouraging families and visitors to use a combination of sun protection measures when attending and participating in outdoor activities

- encouraging parents/carers to support the school by acting as role models and providing protection for their children
- maintaining a positive approach to sun protection strategies and delivering resources to educate on sun safety, including sessions led by senior leadership e.g. in assemblies. Teachers in all year groups will explain clearly and remind children that exposure to the sun, especially in the summer months, can cause sunburn and have even more serious effects.
- advising children that in hot weather, they need to be sensible about what they wear, what they drink and the amount of time they can safely spend in direct sunlight, particularly during the longer lunchtime break.
- encouraging children to remind their parents/carers to apply sunscreen before they come to school.
- circulating local authority heat warnings amongst staff and parents/carers.

*Additional Sunscreen and Sun Safety Tips can be found by visiting <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>*

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## **Sun Safety Tips for Families**

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

## **What factor sunscreen (SPF) should I use?**

Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection. UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.
- Make sure the sunscreen is not past its expiry date.
- Do not spend any longer in the sun than you would without sunscreen.

## **What are the SPF and star rating?**

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.

SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.

The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to 5 stars on UK sunscreens. The higher the star rating, the better.

The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least a third of the SPF value and meets EU recommendations.

Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.

## **How to apply sunscreen**

Most people do not apply enough sunscreen.

As a guide, adults should aim to apply around 6 to 8 teaspoons of sunscreen if you're covering your entire body.

If sunscreen is applied too thinly, the amount of protection it gives is reduced.

If you're worried you might not be applying enough SPF30, you could use a sunscreen with a higher SPF.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better.

Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions. This includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off. It is also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

Clothing and sunglasses

Wear clothes and sunglasses that provide sun protection, such as:

a wide-brimmed hat that shades the face, neck and ears

a long-sleeved top

trousers or long skirts in close-weave fabrics that do not allow sunlight through

Who should take extra care in the sun?

You should take extra care in the sun if you:

have pale, white or light brown skin

have freckles or red or fair hair

tend to burn rather than tan

have many moles

have skin problems relating to a medical condition

are only exposed to intense sun occasionally (for example, while on holiday)

are in a hot country where the sun is particularly intense

have a family history of skin cancer

People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they do not take the right precautions.

If you have naturally brown or black skin you are less likely to get skin cancer, as darker skin has some protection against UV rays. You may also need more time in sunlight to produce the same amount of vitamin D as people with lighter skin. But you should still avoid burning and take care in the sun as people of all skin tones can get skin cancer.

Protect your moles

If you have lots of moles or freckles, your risk of getting [skin cancer](#) is higher than average, so take extra care.

Avoid getting caught out by sunburn. Use shade, clothing and a sunscreen with an SPF of at least 30 to protect yourself.

Keep an eye out for changes to your skin.

Changes to check for include:

a new mole, growth or lump

any moles, freckles or patches of skin that change in size, shape or colour

Report these to your doctor as soon as possible.