



**BEDSTONE**

# SunSafe Policy

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## Policy Statement

This policy has been written in line with information provided by NHS Sun Screen and Sun Safety and Sun Safe: The Sun Safety Awareness Campaign for Schools. At Bedstone College we enjoy the summer months but recognise the importance of sun protection and educating our students and staff from the potentially harmful effects it can cause from over exposure.

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 can contribute 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/six 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.

In accordance with the Sun Safe campaign, the priorities at Bedstone College are:

## PROTECTION

### Clothing

- Cover up with suitable clothing. In our school uniform, sun protection is in the form of loose fitting cotton shirts with collars, long grey trouser and knee length skirts. Shoulders should be covered.
- During games and PE outside, plus at break times/lunchtimes students are encouraged to wear hats (broad-brimmed, bucket style) with Yrs. 0-2 children expected to wear legionnaire style head gear. Spare hats are available from the school shop or the duty sister has spare hats that can be loaned.
- Students who choose not to wear hats are encouraged to go into the shade between 11am and 3pm.
- Sunglasses can be worn if there is a medical reason for doing so, such as light sensitivity, for outdoor activities. In such cases, sports glasses are recommended.



## Sunscreen

- Parents are requested to provide their child with sun screen during the summer term. Sun cream should be labelled with the student's name.
- **Sun cream should be Labelled 'Broad-Spectrum' to provide protection against both UVA and UVB with a minimum Sun Protection Factor (SPF) 30 to provide a high level of protection against UVB and ideally labelled with a UVA star rating with a minimum of 4 stars to ensure a high level of protection against UVA.**
- During periods of warm weather, we advise that students should apply sun lotion in the morning before arriving at college and reapplied generously to exposed skin before going outdoors when UV levels reach 3 or above and for outdoor games, activities and school trips. For prolonged periods outdoors, sunscreen should be reapplied liberally every 2 hours, as the sun can dry it off the skin.
- Sunscreen should be applied to areas not protected by clothing, such as the face, ears, feet and backs of hands.
- Once-a-day sunscreens are not recommended as the level of protection decreases over time and all sunscreens should be regularly re-applied to maintain the required level of protection.
- Ideally, sunscreen should be stored in a cool, dry, accessible place, in between use.
- Check expiry dates as sunscreen becomes less effective over time. If an expiration date is not displayed, look for an open jar symbol which will have a number next to it (i.e. 9M or 12M) - that's the number of months you can safely use the sunscreen after opening.
- Water reflects ultraviolet (UV) rays, increasing exposure to harmful rays and its cooling effect can make people think that they are not getting burnt so sunscreen should be applied before contact with water. Water will also wash off sunscreen so it should be reapplied after towel drying. Water resistant sunscreen can be used but it is recommended that it is reapplied regularly, as with ordinary sunscreen.
- We make available additional sunscreen for all outdoor activities in the event a parent is unable to provide any, or a child has lost, forgotten or run out of their own. **This is made available for parents to patch test upon request.**
- A practical approach towards the application of sunscreen is necessary, with assistance provided only where necessary to younger or less able pupils, unless instructed otherwise by the parent/carer.
- Parents/guardians are asked to teach their children how to sensibly apply sun screen, according to the manufacturer's instructions.

## Shade

- We encourage children to play in the shade as much as possible when UV levels reach 3 or above, particularly between peak UV hours (11am-3pm)
- The availability of shade is considered when planning excursions and outdoor activities.
- Students are encouraged not to directly look at the sun.



## **UV levels**

- There will be a notice displayed in junior school and on the student section of the day board showing the 5 day forecast for UV levels. If the forecast is for UV levels to reach 3 or above, tutors will be alerted by surgery via School base e-mail that the Sun Safe measures should be implemented, and this should also be announced in whole school assembly.

## **Drinking/Hydration**

- Students are encouraged to increase their fluid intake in the hot weather and during physical activity. Daily students are advised to bring a water bottle to school with them every day. Boarders can access water from their boarding house. All students can access drinking water from the foyer, sports hall, surgery and the canteen's water station at any time.

## **EDUCATION**

### **Role Modelling**

We are committed to educating all pupils annually about safe and unsafe exposure to the sun, including how to reduce the risk of skin cancer using the comprehensive, curriculum linked lesson plans, activities and resources provided by the Sun Safe Schools national accreditation programme

Staff are encouraged to act as role models by wearing protective clothing when outside, drinking plenty of fluids, applying sunscreen of at least SPF 30 and seeking shade whenever possible.

Staff are made aware of the potential ill health effects of hot conditions such as heat exhaustion and heatstroke, the symptoms to look out for and how to treat them.

### **COLLABORATION**

We will highlight the importance of sun protection in assemblies when the weather forecast is such that a UV alert is imminent.

The medical centre will develop resources regarding sun safety and protection for staff and students and display on the medical noticeboard displays information on how to be Sun Safe during the summer term.

At College we will aim to work with parents/guardians, Governors and the wider community to re-inforce awareness about sun safety and promote a healthy school.

### **Acknowledgements**

Sun Safe Schools

[www.sunsafeschools.co.uk](http://www.sunsafeschools.co.uk)

NHS. Sunscreen and Sun Safety

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>



## Heat Exhaustion and Heatstroke

Heat exhaustion and heatstroke are two heat-related health conditions. If they're not quickly treated, they can both be very serious.

### Heat Exhaustion

Heat exhaustion can occur when the temperature inside the body (the core temperature) rises to anything between the normal 37°C (98.6°F) up to 40°C (104°F). At this temperature, the levels of water and salt in the body begin to fall, which can cause a person to feel sick, feel faint and sweat heavily. If a person with heat exhaustion is taken quickly to a cool place, is given water to drink and has their excess clothing removed, they should begin to feel better within half an hour and have no long-term complications.

The symptoms of heat exhaustion can develop rapidly.

They include:

- Very hot skin that feels 'flushed'.
- Heavy sweating.
- Feeling sick (nausea).
- Dizziness.
- Extreme tiredness (fatigue).
- Being sick (vomiting).
- A rapid heartbeat.
- Mental confusion.
- Urinating less often and much darker urine than usual.

If you suspect that someone has heat exhaustion:

- Get them to rest in a cool place – ideally a room with air conditioning or, if this isn't possible, somewhere in the shade.
- Get them to drink fluids – this should be water or a rehydration drink, such as a sports drink; they should stop taking fluid on board once their symptoms have greatly decreased (usually within two to three hours).
- Loosen clothing and ensure that the person gets plenty of ventilation.
- Help the casualty to lie down and raise legs.

### Heatstroke

Heatstroke is far more serious than heat exhaustion. It occurs when the body can no longer cool itself and starts to overheat. When the core temperature rises above 40°C (104°F) the cells inside the body begin to break down and important parts of the body stop working. If left untreated, it can lead to complications, such as organ failure and brain damage. Some people die from heatstroke. The symptoms of heatstroke can develop quickly when associated with physical activity. It usually affects young, active people.



Symptoms of heatstroke include:

- High body temperature – a temperature of 40°C (104°F) or above is often a major sign of heatstroke, although it can be diagnosed at lower temperatures and some people can reach these temperatures during physical exercise without developing heat exhaustion or heatstroke.
- Heavy sweating that suddenly stops – if the body is unable to produce any more sweat, it is a major warning sign that it has become over-heated and dehydrated.
- A rapid heartbeat.
- Rapid breathing (hyperventilation).
- Muscle cramps.

The extreme heat that causes heatstroke also affects the nervous system, which can cause other symptoms such as:

- Mental confusion.
- Lack of co-ordination.
- Fits (seizures).
- Restlessness or anxiety.
- Problems understanding or speaking to others.
- Seeing or hearing things that aren't real (hallucinations).
- Loss of consciousness.

*Heatstroke is a medical emergency.* Dial 999 immediately to request an ambulance if you think that you or someone you know has heatstroke. While you're waiting for the ambulance to arrive you should do the following:

- Move the person to a cool area as quickly as possible.
- Increase ventilation by opening windows or using a fan.
- If they're conscious, give them water to drink but don't give them medication.
- Shower their skin with cool, **but not cold, water (15-18°C)**.
- Alternatively, cover their body with cool, damp towels or sheets.
- Gently massage their skin to encourage circulation.
- If they start to have a seizure (fit), move nearby objects out of the way to prevent injury (don't use force or put anything in their mouth).
- If the person is unconscious and vomiting, move them into the recovery position by turning them on their side and making sure that their airways are clear.