

Sun Safety Guidance

The Council's guidance is based on Cancer Research UK's "SunSmart" campaign and aims to promote a "common sense" approach that mirrors what most parents and carers would choose to do in protecting their children from the effects of the sun.

In the event of a query from parents or carers or where an opportunity arises to inform them, the advice provided to parents, carers and children and young people/pupils alike should encompass the following:

Summer clothing

When there's no shade around, the best way to protect skin from the sun is with loose clothing, a wide-brimmed hat and good quality sunglasses. Pupils should be encouraged to wear wide brimmed hats when outside and tops that cover their shoulders. They should also be allowed to wear UV protective sunglasses.

Breaks/lunchtimes and organised events, e.g. trips, visits and sports days:

Staff should seek to ensure that pupils spend time in the shade and not be exposed to direct sunlight between 11am and 3pm when the sun is at its strongest. Outdoor activities should be planned outside of these hours wherever possible.

If possible arrange sports days in the early morning or late afternoon to avoid the midday sun. Ensure shade is available in the area where the event is being held. You could use temporary shade structures (umbrellas or canopies) if there isn't enough shade from buildings and trees. Think about providing water for students and parents to prevent dehydration.

Staff should take account of local weather forecasts.

Shade

Use should be made of shade around or in the school, and if appropriate the provision of temporary additional sun shades should be considered.

Seats and equipment should be moved to shady areas.

Sunscreen: current advice is that sunscreen should have a minimum sun protection factor (SPF) of 15 and be labelled "broad spectrum" to protect against both UVA and UVB rays. Sunscreen should be applied before arrival at school and to be effective needs to be re-applied regularly.

Primary/Infants/Nursery Schools

Schools have discretion to allow pupils/students to bring appropriate, high-factor sunscreen with them for re-application during the day.

In circumstances where schools request and parents/carers give their prior explicit consent, teaching staff may supervise and assist with the application of sunscreen (this may be appropriate, for example, after swimming or PE lessons). Schools are advised to write letters home asking for parental permission for teachers to supervise application of sunscreen and ask each pupil to bring in their own labeled bottle of sunscreen. Alternatively the school could provide a school stock of sunscreen free of charge for all pupils.

Resources for nursery and primary school teachers to use in the classroom have been developed by SunSmart and can be downloaded from the website.

Secondary Age Pupils Only

It is considered appropriate for secondary age pupils to bring sun-screen to school and to apply it for themselves.

Schools should avoid over-reliance on the use of sun protection products such as sunscreens as these are considered to be very much a “last line of defence”. The most effective precautions are to wear appropriate clothing and to avoid unnecessary exposure to the sun’s rays during the hottest period of the day. Headteachers should encourage their staff to set an example by dressing appropriately and by promoting the concept of sun protection to their students at assemblies, talks etc.

For further information about good practice, please see [Cancer research uk-sun-safety-at-schools](#)