Safe in the Sun Policy

Written by	Reviewed and Ratified by Governors	Shared with Staff	Last Updated	Review cycle	Next Review due
Duncan Wakefield, Deputy Headteacher	October 2026	October 2026	October 2026	Annual	October 2027

Statement of Intent

At Shefford Lower School, we are committed to safeguarding the health and wellbeing of all pupils, staff and visitors. We recognise that excessive exposure to ultraviolet (UV) radiation from the sun can cause short- and long-term health problems, including sunburn, dehydration, heat exhaustion and an increased risk of further health conditions later in life.

This policy aims to ensure that all members of the school community are protected from the harmful effects of the sun while continuing to enjoy outdoor learning and play opportunities.

This policy outlines our commitment to:
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.

Aims
The school will:

- Raise awareness of sun safety among pupils, staff and families.
- Provide a safe environment during periods of sunny and hot weather.
- Encourage sensible precautions to minimise UV exposure.
- Promote positive lifelong sun-safe behaviours.
- Support pupils in staying hydrated and comfortable during warm weather.

3. Equality and Inclusion

- Equality Act compliance.
- Reasonable adjustments for pupils with additional needs.
- Fair and consistent application of sun safety measures

3. Responsibilities

The Headteacher and Senior Leadership Team will:

- Ensure this policy is implemented and reviewed annually.
- Promote a whole-school approach to sun safety.
- Consider UV levels and weather conditions when planning outdoor activities.
- Adapt the structure of the school day or events in line with government guidance and weather warnings.
- Monitor Met Office weather warnings and UKHSA Heat Health Alerts.
- Ensure risk assessments are undertaken for activities during high UV levels or extreme heat.
- Communicate additional precautions to staff, pupils and parents when necessary.

Staff will:

- Encourage pupils to follow sun-safe practices.
- Remind pupils to drink water regularly.
- Encourage use of shaded areas where available.
- Adapt outdoor activities and school timetable when temperatures or UV levels are particularly high.
- Ensure children have access to water during all parts of the day.
- Where possible, ensure all doors and windows are opened to provide a through breeze & classroom blinds should be drawn
- Shut windows and use fans when the heat outside is hotter than inside, without breeze,

Parents and Carers will:

- Apply sunscreen to their child before school on sunny days.
- Provide a clearly named sun hat.
- Provide additional sunscreen in a named bottle if required.
- Ensure children have access to a refillable water bottle.

Pupils will:

- Wear their sun hat when outdoors.
- Drink water regularly.
- Use shaded areas when directed.
- Apply their own sunscreen where appropriate and age-appropriate.

4. Sun Protection Measures

Sun / UV protection

- Shade
- Hats
- Clothing
- Sunscreen
- Sunglasses
- Timing of outdoor activity
- UV levels
- Education

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Hot weather / heat management

- Hydration
- Indoor temperatures
- Ventilation
- Fans
- Cooling
- Physical activity
- Heat-Health Alerts
- Vulnerable pupils
- Timetable adaptations
- Heat exhaustion/heatstroke

Shade
The school will:

- Encourage pupils to use shaded areas of the site during periods of strong sunshine.
- The school will make use of available shelters, canopies and natural shade wherever possible.
- Consider indoor alternatives during prolonged periods of extreme heat.
- Make sure there are shelters and trees providing shade in the school grounds particularly in areas where students congregate.
- Always consider shade is a considered factor.

Clothing
During sunny weather pupils are encouraged to:

- Wear a suitable hat when outside.
- Wear clothing that covers shoulders where practical during outdoor activities.
- Follow the school's uniform policy while incorporating sun-safe measures; such as wearing P.E kit.

Sunscreen

- Parents should apply sunscreen with minimum SPF 30 UVA protection before children arrive at school.
- Children may bring named sunscreen to school for self-application.
- Staff will supervise younger children where appropriate but will not routinely apply sunscreen unless agreed through individual medical arrangements.

Hydration
The school will:

- Encourage regular drinking of water throughout the day.
- Ensure pupils have access to drinking water and their own bottles.
- Encourage pupils to bring a refillable water bottle to school.
- Schedule additional water breaks during hot weather.

5. Outdoor Activities and Physical Education
When UV levels are high or temperatures become excessive:

- Outdoor activities may be moved to shaded areas.

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- PE lessons may be adapted, shortened or relocated indoors where appropriate.
- Sports days, educational visits and outdoor events will include shade, hydration and rest opportunities and high temperatures or sun risk will be a part of the risk assessment for the event.
- Staff will monitor pupils and or any visitors for signs of heat-related illness.

6. Curriculum and Education
Sun safety will be promoted through:

- PSHE and Health Education lessons.
- Assemblies and class discussions during the summer term.
- Awareness campaigns and information shared with families.
- Reinforcement of key sun safety messages:

7. Educational Visits
Risk assessments for trips and outdoor learning activities will include consideration of:

- Weather forecasts and UV levels.
- Availability of shade.
- Access to drinking water.
- Appropriate clothing and sunscreen.

8. **Identifying signs and symptoms**

In rare cases, extreme heat can cause heatstroke. Symptoms to look out for are:

Cramp in arms, legs or stomach, feeling of mild confusion or weakness.

• If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.

• If symptoms get worse or don't go away medical advice should be sought. If you suspect a member of staff or pupil has become seriously ill, call an ambulance.

While waiting for the ambulance:

• If possible, move the person somewhere cooler.

• Increase ventilation by opening windows or using a fan.

• Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet.

• If they are conscious, give them water or fruit juice to drink.

• Do not give them aspirin or paracetamol.

Heat-related incidents, dehydration, heat exhaustion and significant sunburn will be recorded in accordance with the school's First Aid and Health and Safety procedures.

Role modelling

Staff should demonstrate positive sun-safe behaviours at all times when supervising outdoor activities.

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• Wearing and encouraging protective hats, clothing and sunglasses when outside.

• Apply UV protective suncream.

• Seeking and planning for shade whenever possible.

• Drinking and encouraging plenty of water and taking 'cool breaks' from activities such as PE, or sports spectating.

• Families and visitors are encouraged to use a combination of these sun protection measures when attending and participating in outdoor activities.

• Encourage parents to support the school by acting as role models and providing protection for their children.

• Be positive in your approach. Allow sun protection strategies to be fun, involve everyone, and provide choices.

9. Supporting Pupils with Medical Needs

Where a pupil has a medical condition affected by heat or sun exposure, individual arrangements will be made in consultation with parents/carers and healthcare professionals where appropriate.
Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities as advised by their medical practitioner, or care plan.

10. Monitoring and Review

The Headteacher will review this policy annually or sooner if guidance changes. Feedback from staff, pupils and parents will be considered to ensure the policy remains effective.

The school will review relevant health education guidance as it is updated and amend this policy where necessary.

Incorporate sun safety into the curriculum and provide for sun safe education – Actioned by Science and PSHE leads.

Related Policies

- Health and Safety Policy
- First Aid Policy
- Educational Visits Policy
- Safeguarding Policy
- Supporting Pupils with Medical Conditions Policy
- Risk Assessment Procedures

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