



## Scarborough College

### SUN SAFE POLICY

*This is a whole College policy, including EYFS and the boarding community.*

**This policy has been written in line with information provided by NHS Choices and SunSmart for Schools. At Scarborough College we acknowledge the importance of sun protection and want our staff and students to enjoy the sun safety.**

#### Rationale

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.
- Pupils and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Pupils 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.

At Scarborough College we will adopt a whole school approach to sun safety and actively promotes the cancer research SunSmart messages (see Appendix 1).

#### Education

##### **Staff**

- All 7-11 year old students to receive at least one PSHE sun protection lesson.
- We will discuss the importance of sun protection in assemblies at the start of the summer term and before we break for the summer.
- The medical centre will develop resources regarding sun safety and protection for staff and students.
- We will ensure that the medical noticeboard displays information on how to be SunSmart at the start of the summer term.

### ***Pupils***

- All pre-school children will have SunSmart story time at the beginning of the summer term and draw SunSmart pictures to re-enforce the sun protection messages.
- All Prep School pupils will have a least one SunSmart lesson per year.
- All year senior school pupils will receive at least one PSHE sun protection lesson per year.
- We will talk about been SunSmart in assemblies at the start of the summer term and before the summer break.
- We will discuss the importance of some UV exposure for vitamin D.

### **Protection**

#### ***Shade***

- Pupils will be encouraged to play in the shade wherever this is available.
- The availability of shade is considered when planning excursions and outdoor activities.

#### ***Clothing***

- In our school uniform sun protection was considered with loose fitting cotton shirts with collars and longer styled skirts.
- The sports uniform has a t-shirt with a collar and no vest tops are allowed.
- Pupils are required to wear hats that protect their ears, face and neck.
- All teachers will be encouraged to wear hats when on break time duty and teaching outdoors.
- Staff working outdoors is provided with a suitable hat as part of their uniform.

#### ***Drinking***

Pupils are encouraged to increase their fluid intake in the hot weather and are encouraged to drink water during break and lunchtimes. Every child should bring a water bottle to school with them every day.

Staff are aware of the potential ill health effects in hot conditions, what symptoms to look out for and how to treat them.

#### ***Sunscreen***

- Parents/guardians should apply sun lotion of at least SPF 15+ in the morning at least 20 minutes before leaving for school.
- Sunscreen use will be encouraged on school trips and for sports lessons.
- Parents/guardians are asked to teach their children how to sensibly apply sun screen see Appendix 3.

#### **Role Modelling**

Encourage staff to act as role models by:-

- Wearing protective clothing when outside.
- Drink plenty of fluids.
- Apply sunscreen of at least SPF 15.
- Seek shade whenever possible.

### **Collaboration**

At Scarborough 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**

Cancer Research UK SunSmart Guidelines.

NHS Choices.

NICE: Preventing Skin Cancer Pathway

***Policy Last Reviewed*** – September 2018

**APPENDIX 1**

**Sunburn Can Double the Risk of Skin Cancer**

Those most at risk are those people with fair skin, lots of moles, freckles or a family history of skin cancer. Know your skin type and use the UV index to find out when you need to protect yourself.

**Be SunSmart in the Summer Sun**

**S**tay in the shade between 11.00 a.m. and 3.00 p.m.

**M**ake sure you never burn.

**A**lways cover up, school clothing is made of close weave fabric.

**R**emember young people burn more easily.

**T**hen use at least SPF15 + sunscreen.

		Skin Type			
		I and II	III and IV	V	VI
UV Index	1 2	low	low	low	low
	3 4	medium	low	low	low
	5	high	medium	low	low
	6	high	medium	medium	low
	7 8 9	very high	high	medium	medium
	10	very high	high	high	medium

**Skin Type**

**Type I** - Often burns, rarely tans. Tends to have freckles, red or fair hair, and blue or green eyes.

**Type II** - Usually burns, sometimes tans. Tends to have light hair, and blue or brown eyes.

**Type III** - Sometimes burns, usually tans. Tends to have brown hair and eyes.

**Type IV** - Rarely burns, often tans. Tends to have dark brown eyes and hair.

**Type V** - Naturally black-brown skin. Often has dark brown eyes and hair.

**Type VI** - Naturally black-brown skin. Usually has black-brown eyes and hair.

## APPENDIX 2

### 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.
- Dizziness.
- Extreme tiredness (fatigue).
- Feeling sick (nausea).
- 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.

## APPENDIX 3



### Sunscreen

No sunscreen, no matter how high the factor, can offer 100% protection. Sunscreen should never be used in order to spend longer in the sun, but to increase your level of protection. Factor 15 represents the best balance between protection and price. You will get over 90% protection from UVB rays with SPF 15.

#### Tips for using sunscreen properly:-

- Try to apply it 15-30 minutes before going out in the sun.
- Apply to clean, dry skin and rub in only lightly.
- Use generous amounts.
- Re-apply once outside to ensure even coverage.
- Then re-apply every 2 hours or more frequently if washed, rubbed or sweated off.
- Never use it to spend longer in the sun - this will put you at risk of sun damage that could lead to skin cancer.
- Do not store sunscreens in very hot places, as extreme heat can ruin their protective chemical.

For more information visit [www.sunsmart.org.uk](http://www.sunsmart.org.uk)