

SUN PROTECTION POLICY

ELMSLEIGH INFANT AND NURSERY SCHOOL



Elmsleigh
INFANT & NURSERY SCHOOL

POLICY RATIONALE

UK summer is not as hot as when you go abroad, however, you can burn in the UK, even when it's cloudy. During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is strongest (between 11am and 3pm) from March to October. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage.

Useful information can be found <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

CLOTHING & SUN HATS | RATIONALE & RECOMMENDATIONS FOR PARENTS

Clothing is one of the most effective barriers between our skin and the sun and should always be considered the first line of defence against UV exposure. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. Sun hats provided by both parents and schools should be:

- Either broad-brimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks.
- Baseball caps are not recommended because they do not provide shade to the neck, ears or cheeks. Whilst we do not recommend baseball caps, they are still better than no hat at all! However extra care should be taken to protect the neck, ears and cheeks with sunscreen, as these areas can easily burn.

SUNSCREEN | RATIONALE & RECOMMENDATIONS FOR PARENTS

Sunscreen should be applied to areas of exposed skin that are not covered by clothing to protect it from Ultraviolet Radiation. Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life. We request that all sunscreen is provided by parents:

- Sunscreen bottles are clearly labelled with the child's name.
- Labelled 'Broad-Spectrum' to provide protection against both UVA and UVB.
- A minimum Sun Protection Factor (SPF) 30 to provide a high level of protection against UVB.
- Ideally labelled with a UVA star rating with a minimum of 4 stars to ensure a high level of protection against UVA.
- Applied generously to exposed skin 30 minutes before going outdoors when UV levels reach 3 or above.
- ALL sunscreens should be reapplied at least every 2 hours and more often if sweating/towelling.
- 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.
- Sunscreen should be stored in a cool, dry, accessible place.
- 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.

'health and safety legislation does not prevent school staff from applying or helping pupils apply sun cream. The Department for Education has already made clear that schools are expected to take a sensible approach to this issue.' The Health and Safety Executive (HSE)

SCHOOL CLOSURE

If we are receiving updates of extreme weather conditions, school may close for full or partial day. This decision will be at the discretion of the Headteacher. Parents will be sent a text or email to inform them of the time that we will be closed, and they will be able to collect their children from a set time.