



# Haytor View Community Primary School & Nursery

## Sunscreen and Sun Safety Statement

*Learning together - enjoying success - aiming high - celebrating difference – enriching community*

### Overview

At Haytor View we're keen as part of our commitment to the safety of all children, that all children are supported in being 'Sun Aware'. Our approach is underpinned by our Core Offer supporting children's independence according to a child's age and stage of development, this includes the following management of sun safety:

- Children being encouraged to wear hats when playing outside;
- Children being supported in finding shade out of the sunlight;
- Children being reminded to drink regularly, with drinking water provided in each unit;
- Children being praised for bringing sun tan lotion into school or making sure their parent has applied lotion prior to arriving at school;
- Providing the opportunity for children to come inside out of the sun, when playing outside;
- Prompting children to remove their jumper or take a break;
- Pointing out to children that they look hot and what measures they can take;
- Support for the child in managing sunburn if they arrive in school demonstrating sunburn;
- Making decisions over keeping children inside, if it considered the best step to supporting sun safety;
- Postings on the Newsletter to remind parents of necessary steps to support Sun Safety;
- Regular review of this document in line with NHS updates;

We pride ourselves on our approach to supporting children's independence towards all aspects of their development, which includes supporting their awareness and responsibility in keeping themselves Sun Safe.

Additional to the support provided by school, we ask that parents support their child's sun safety in supplying sun lotion and a hat, also having a keen awareness of whether their child needs to be supported in taking safety measures during the late afternoon or weekend.

The information below is from the NHS website, in supporting parents in keeping children and themselves safe from sun harm.

**Ref: [www.nhs.uk](http://www.nhs.uk) for information on Sun Safety and Heat Exhaustion**

### Advice for adults and children on sunscreen and sun safety in the UK and abroad.

- Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday – you can burn in the UK, even when it's cloudy.
- There's no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects.
- Aim to strike a balance between protecting yourself from the sun and [getting enough vitamin D from sunlight](#).

### Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen

### **What factor sunscreen (SPF) should I use?**

- Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.
- Don't spend any longer in the sun than you would without sunscreen.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 15 to protect against UVB
- at least four-star UVA protection
- UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.
- Make sure the [sunscreen is not past its expiry date](#). Most sunscreens have a shelf life of two to three years.

### **What are the SPF and star rating?**

- The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.
- SPFs are rated on a scale of 2-50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.
- The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to five stars on UK sunscreens. The higher the star rating, the better.
- The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least one third of the SPF value and meets EU recommendations.
- Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.

### **How to apply sunscreen**

Most people don't apply enough sunscreen. As a guide, adults should aim to apply around:

- two teaspoons of sunscreen if you're just covering your head, arms and neck
- two tablespoons if you're covering your entire body while wearing a swimming costume

If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried you might not be applying enough SPF15, you could use a stronger SPF30 sunscreen.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

1. 30 minutes before going out
2. just before going out

- Sunscreen should be applied to all exposed skin, including the face, neck and ears – and head if you have thinning or no hair – but a wide-brimmed hat is better.
- Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.
- This includes applying it straight after you've been in water – even if it's "water resistant" – and after towel drying, sweating, or when it may have rubbed off.

### **Swimming and sunscreen**

- Water washes sunscreen off, and the cooling effect of the water can make you think you're not getting burned. Water also reflects ultraviolet (UV) rays, increasing your exposure.
- Water-resistant sunscreen is needed if sweating or contact with water is likely.
- Sunscreen should be reapplied straight after you've been in water – even if it's "water resistant" – and after towel drying, sweating, or when it may have rubbed off.

### **Children and sun protection**

- Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.
- Children aged under six months should be kept out of direct strong sunlight.

From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade – particularly from 11am to 3pm

- wear at least SPF15 sunscreen
- Apply sunscreen to areas not protected by clothing, such as the face, ears, feet, and backs of hands. Get more [sun safety advice for children](#).

### **Protect your eyes in the sun**

- A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.
- Reflected sunlight from snow, sand, concrete and water, and artificial light from sunbeds, is particularly dangerous.
- Avoid looking directly at the sun, as this can cause permanent eye damage.

### **Clothing and sunglasses**

Wear clothes and sunglasses that provide sun protection, such as:

- a wide-brimmed hat that shades the face, neck and ears
- a long-sleeved top
- trousers or long skirts in close-weave fabrics that don't allow sunlight through
- sunglasses with wraparound lenses or wide arms with the CE Mark and European Standard EN 1836:2005

### **How to deal with sunburn**

- Sponge sore skin with cool water, then apply soothing aftersun or calamine lotion.
- Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.
- Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.

### **Who should take extra care in the sun?**

You should take extra care in the sun if you:

- have pale, white or light brown skin
- have freckles or red or fair hair
- tend to burn rather than tan
- have many moles
- have skin problems relating to a medical condition
- are only exposed to intense sun occasionally – for example, while on holiday
- are in a hot country where the sun is particularly intense
- have a family history of skin cancer

### **Heat Stroke and Heat Exhaustion**

- Heat exhaustion is not serious and usually gets better when you cool down. If it turns into heat stroke it needs to be treated as an emergency.

Check for signs of heat exhaustion, the signs of heat exhaustion include:

1. headache
2. dizziness and confusion
3. loss of appetite and feeling sick
4. excessive sweating and pale, clammy skin
5. cramps in the arms, legs and stomach
6. fast breathing or pulse
7. temperature of 38C or above
8. intense thirst

- The symptoms are often the same in adults and children, although children may become floppy and sleepy.
- If someone is showing signs of heat exhaustion they need to be cooled down.

Things you can do to cool someone down. Follow these steps:

1. Move them to a cool place.
2. Get them to lie down and raise their feet slightly.
3. Get them to drink plenty of water. Sports or rehydration drinks are OK.

4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good too.
5. Stay with them until they are better.
6. They should start to cool down and feel better within 30 minutes.

### **Preventing heat exhaustion and heat stroke**

There is a high risk of heat exhaustion or heat stroke during hot weather or exercise.

To help prevent heat exhaustion or heat stroke:

- drink plenty of cold drinks, especially when exercising
- take cool baths or showers
- wear light-coloured, loose clothing
- sprinkle water over skin or clothes
- avoid the sun between 11am and 3pm
- avoid excess alcohol
- avoid extreme exercise

This will also prevent dehydration and help your body keep itself cool.