# Sun Protection Policy

# Hillborough Infant and Nursery School

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| **Owned and Written by:**<br>Ms J Walter, Headteacher | **Date:**<br>April 2026 |
| **Approved by:**<br>Full Governing Body | **Date:**<br>April 2026 |
| **Next Review:** | **Date:**<br>April 2029 |
| **This policy has been updated to reflect the General Data Protection Regulation (GDPR) and Data Protection Act 2018, and it supersedes the HM Government Information Sharing Guidance for Practitioners and Managers published in March 2015.** | |

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## Introduction

At Hillborough Infant & Nursery School, we ensure staff and pupils enjoy the sun safely while protecting against its harmful effects. As part of our commitment to safeguarding and the statutory Health Education curriculum, the school works with staff, pupils, and parents to achieve sun safety through education, environmental protection, and timetabling adjustments [cite: 1].

## Aim

The aim of this policy is to educate children and staff about the skin damage caused by ultraviolet (UV) radiation. The main elements of this policy are:

- **Protection:** Providing an environment that enables pupils and staff to stay safe in the sun [cite: 1].
- **Education:** Learning about sun safety to increase knowledge and influence behaviour as part of the curriculum [cite: 1].
- **Partnership:** Working with parents/carers and the wider community to reinforce awareness [cite: 1].

## Hillborough Infant & Nursery School believes in Sun Safety

## Protection

- **Shade:** We provide shaded areas in the playground and encourage children to use them during outdoor play when UV levels reach 3 or above.
- **Clothing:** Children are encouraged to wear hats that shade the face, neck, and ears (e.g., legionnaire or broad-brimmed styles). Baseball caps are discouraged as they provide insufficient protection for the neck and ears.
- **Sunscreen:** We encourage parents to apply a high-factor (SPF 30+), "broad-spectrum" sunscreen before school. We facilitate reapplication for extended outdoor activities when UV levels are high.
- **Timetabling:** During peak UV hours (typically 11:00 am to 3:00 pm), we may limit outdoor exposure or move activities to shaded or indoor areas.

## Education

- **Curriculum:** Sun safety is taught annually as part of the statutory Health Education curriculum
- **UV Awareness:** Staff and pupils are informed of daily UV levels, using these as a trigger for protective measures.

## Partnership

- **Communication:** Parents are informed of the sun protection policy via newsletters and the school website.
- **Role Modelling:** Staff are encouraged to role-model sun-safe behavior by wearing hats and sunscreen when outdoors.

## Suggestions to help cope with hot weather

- **Hydration:** Increase intake of water. Water is made readily available throughout the day].
- **Ventilation:** Open windows early in the morning and use internal blinds to block direct sunlight.
- **Fans:** Mechanical fans may be used if temperatures are below 35°C; above this, fans may worsen dehydration and should not be the primary cooling method.
- **Clothing:** Relaxing uniform requirements (e.g., allowing light-colored, loose clothing) during heatwaves.

## Heatstroke and Heat Exhaustion: Symptoms and Actions

Heat-related illness can range from mild exhaustion to life-threatening heatstroke.

| Condition | Symptoms |
|---|---|
| **Heat Exhaustion** | Tiredness, dizziness, headache, nausea, sweating, pale/clammy skin. |
| **Heatstroke (Emergency)** | Confusion, lack of coordination, high temperature (>40°C), red/hot skin, rapid pulse. |

**Immediate Actions:**

1. **Move** the person to a cool, shaded area.
2. **Cool** them rapidly: Sponge with cool water, use cold packs on the neck/armpits, or wrap in a damp sheet.
3. **Hydrate:** Give water or fruit juice if they are conscious].
4. **Call 999** immediately if heatstroke is suspected or if symptoms do not improve within 30 minutes.
5. **Do not** give aspirin or paracetamol for heat-related illness.

## Further information

- **Weather/UV Forecasts:** www.metoffice.gov.uk
- **NHS Heatwave Advice:** www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hotweather/
- **UKHSA Guidance:** www.gov.uk/government/organisations/uk-health-security-agency
- **Sun Safe Schools:** www.sunsafeschools.co.uk

## Related Policies

- Severe Weather Policy [cite: 1]
- Health and Safety Policy
- Safeguarding and Child Protection Policy
- Data Protection Policy