



WICKERSLEY  
PARTNERSHIP  
TRUST.

# Primary School Sun Safety Guidance

**WICKERSLEY PARTNERSHIP TRUST**

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## Contents

1.	Introduction	3
2.	Reference	3
3.	Sunsmart	3
4.	Clothing	3
5.	Sun Cream	3
6.	Cancer Research UK	4

**Appendix A** – After School Club Sun Cream Re-Application Consent Form



## 1. Introduction

Wickersley Partnership Trust is committed to the health and safety of the children within our care.

Our aim in setting this guidance is to protect children when playing in the sun at school and to build an awareness of safe behaviour in the sun, establishing good habits for the future. All children will be involved in discussions, appropriate for their age and understanding at the start of the summer about sun protection and risks.

## 2. Reference

[Sun Safe Schools](#)

[Sun safety | Reduce your skin cancer risk | Cancer Research UK](#)

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

## 3. Sunsmart

Sunsmart is the national skin cancer prevention campaign run by Cancer Research UK. The Sunsmart schools initiative encourages schools to develop and adopt sun protection policies. They are part of a broader campaign communicating effective skin cancer prevention messages to the general public. In compiling this policy, the Trust has referred to the guidance given.

**The five key Sunsmart skin cancer prevention messages are:**

1. Stay in the shade from 11am to 3pm when you can
2. Make sure you never burn
3. Always cover up - wear a t-shirt, hat and wraparound sunglasses
4. Remember children burn more easily
5. Then use factor 30+ sunscreen. Shade during the day, when the sun is very strong and the children are outside, we will make use of shaded areas.

## 4. Clothing

Parents should provide their child with a sun hat or legionnaires style cap from April onwards and ensure their child brings a water bottle to school every day. Drinking water is freely available throughout the day within school.

## 5. Sun Cream

Parents should apply sun cream to their child before they come to school. Parents are encouraged to apply 8-hour sun cream which is now widely available. Parents can support school by re-emphasising sun awareness and the risks of overexposure and the importance of sun cream application as one way of protecting skin.

Teachers are not obliged to apply sun cream and it is not practical for staff to apply cream to 30 children during the day as this takes up valuable teaching time.

For children who are at school for over 8 hours a day, for example, those who stop for Breakfast and After School club, if parents think their child will need a 'top up' we will require them to send sun cream in with a named

label and we will require your written consent to supervise your child to re-apply sun cream at After School club. However, with younger pupils (e.g. key stage 1) we may support the re-application of sun cream with written consent.

Please return the consent slip (**Appendix A**) if you wish us to do this.

Parents can support school by teaching children from an early age how to correctly apply sun cream which will greatly assist staff when children are reapplying cream for after school clubs as staff do not have the capacity to check every child has correctly applied the sun cream.

## 6. Cancer Research UK

### Sun safety guidelines

Too much ultraviolet (UV) radiation from the sun can damage skin cells and cause skin cancer. In the UK almost 9 in 10 cases of melanoma skin cancer could be prevented by staying safe in the sun and avoiding sunbeds.

No matter where you are, whether at home or on holiday, it's important to protect yourself from the sun. The sun is often strong enough to cause damage in the UK between mid-March and mid-October, even when it's cold or cloudy.

By using these three steps together, you can protect your skin and enjoy the sun safely:

1. **Spend time in the shade**, especially between 11am and 3pm in the UK.
2. **Cover up** with clothes, a wide-brimmed hat and UV protection sunglasses.
3. **Apply sunscreen** with at least SPF 30 and 4 or 5 stars. Use it generously, reapply regularly and use together with shade and clothing.

### Sunburn increases your risk of cancer

Anyone can get sunburnt. For people with darker skin tones, sunburn might feel tender or itchy. For people with lighter skin tones, sunburn might also look red or pink. The more easily you get sunburnt, the more careful you need to be in the sun. Protecting your skin by following our sun safety steps will help reduce your risk of getting sunburnt.

### Useful links

Find out more about your risk of sunburn

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/the-uv-index-and-sunburn-risk>

What to do if you have sunburn

<https://www.nhs.uk/conditions/sunburn/>

### Shade

Spending time in the shade helps to protect your skin from the sun's UV rays.

### Create shade

Spend time under trees, canopies, sun umbrellas or parasols, or go indoors. This helps protect you from the sun's UV rays, and provides a break from the heat too!

- Some shade protects you more than others. Trees can be convenient, but remember that when the wind blows, gaps in the branches and leaves can let UV rays through. UV rays

can also get through some fabrics and reflect off the ground. So, remember to cover up with clothes and a hat, and use sunscreen too!

- Shade sails, sun umbrellas or parasols often show the ultraviolet protection factor (UPF) on the label. This tells you how good the protection is against UV rays. A UPF of 30 to 49 offers very good protection, while UPF 50+ is rated as excellent. But UPF can be reduced if the material is damaged or weathered.

### **Move with the shade**

Remember that the sun moves across the sky throughout the day, and so shaded spots move too. Be sure to check where the shade is so that you're still protected. If you can't move with the shade, then use umbrellas or parasols to create shade where you are.

### **Don't be fooled by the weather**

Even on cloudy, windy or cooler days you can still get sunburnt. Over 90% of UV rays can pass through cloud. So be sure to still find shade, cover up and use sunscreen.

### **Covering up with clothing, hats and sunglasses**

Protect your skin from the sun with clothing, a wide-brimmed hat and UV protection sunglasses.

#### **Clothing**

The more skin that's covered by your clothing, the better the protection.

- Choose clothing that's loose-fitting, ideally with long sleeves or at least covering your shoulders.
- Look for materials with a close weave – hold the material up to the light to check you can't see through the fabric. You may also see UPF ratings on some clothing.
- Try to wear dark or bright colours. Intense colours can help filter more UV rays.

#### **Hats**

Choose a wide-brimmed hat that shades your face, ears and neck for the most UV protection.

#### **Sunglasses**

Sunglasses can protect your eyes from UV rays. You might think that darker lenses mean a higher protection from UV rays, but this isn't always true. When choosing sunglasses look for:

- 'CE Mark'
- UV 400 label and/or 100% UV protection written on the label or sticker
- Protection at the side of the eye, for example, wraparound styles, sports glasses or bigger sunglasses

#### **Sunscreen**

No sunscreen, no matter how high the Sun Protection Factor (SPF), can provide 100% protection from the sun. So, it should be used together with shade and clothing to give your skin the best protection.

We recommend using sunscreens with:

- SPF 30 or higher (UVB protection)
- A high star rating of 4 or 5 stars (UVA protection)

UVA protection can also be shown by the letters 'UVA' in a circle. So, if you can't find the star rating on the bottle, make sure the product you use has this symbol instead. The UVA circle symbol means it meets the EU minimum standard for UVA protection.

Skin damage and sunburn can still happen when wearing sunscreen, even one with a high SPF and star rating. Using sunscreen doesn't mean you should stay out in the sun for longer. Always use sunscreen together with shade and clothing.

Sunscreen also doesn't make sunbathing or tanning safe. A tan is a sign of skin damage. If you want a tan, using fake tan from a bottle or getting a spray tan is safer than sunbathing or using sunbeds. [Find out more on our page about fake tan.](#)

#### **Tips for using sunscreen**

- Choose a lotion, pump spray or roll-on product, not an aerosol. Aerosol sunscreens can be patchy and do not provide a thick-enough layer for protection.
- Make sure you put enough on – people often put on much less sunscreen than they need to. Apply sunscreen evenly and thickly.
- Reapply sunscreen regularly throughout the day including 'once a day' and 'water resistant' products. Sunscreen can rub, sweat or wash off – even if it's supposed to be waterproof. It's especially important to put more on after swimming, sweating or drying off with a towel.
- Reapplying also helps you to cover more of your skin and not miss any areas.
- Use sunscreen even if you have SPF in your moisturiser or makeup, as those products don't give a thick-enough layer of protection on their own. And they aren't usually reapplied.
- Check the expiry date on your sunscreen before you use it. Look for a symbol with an open lid, the letter M and a number. This shows how many months the sunscreen will last once open.

#### **Does the brand of sunscreen make a difference?**

It doesn't matter which brand you buy, as long as you choose a product with at least SPF 30 and 4 or 5 stars. And remember to apply it regularly and generously! Pick a sunscreen that works for you – if you like the feel and smell, and it's affordable, you're more likely to use it. Cancer Research UK does not endorse any specific brand of sunscreen.

#### **Sun Safety for Children**

Sun safety is important at all ages. The best way to protect adult or children's skin is to use a combination of shade, clothing and sunscreen.

Remember, sunscreen doesn't give complete protection from the sun. It always needs to be used together with shade, clothing, a hat and UV protection sunglasses. Apply sunscreen regularly and generously, using a minimum of SPF 30 and a 4 or 5-star rating.

Sunscreen should not be used on babies under 6 months old, so think about shade and covering them up with clothing. The NHS recommends that children under 6 months old should be kept out of direct sunlight. <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Children and teenagers might need a reminder or a helping hand when it comes to sun safety. But setting a good example yourself is a great way to help them learn how to be safe in the sun.

## Appendix A

### AFTER SCHOOL CLUB SUN CREAM RE-APPLICATION CONSENT FORM

School: \_\_\_\_\_

Name of Child: \_\_\_\_\_

Year / Class: \_\_\_\_\_

I have read the Wickersley Partnership Trust Sun Safety Guidance and acknowledge it is my responsibility to ensure that sun cream is applied to my child at the start of the day.

I give my consent for school staff to supervise the re-application of the sunscreen I have provided to my child for After School Club to ensure they remain protected after 8 hours since protection was applied at home.

With younger pupils (e.g. Key Stage 1) school may need to support the re-application of the sunscreen I have provided and, I therefore give consent to this support if my child requires it.

Parents can support school by teaching children from an early age how to correctly apply sun cream which will greatly assist staff when children are reapplying cream for after school clubs as staff do not have the capacity to check every child has correctly applied the sun cream.

Signed: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_





# **Primary School Sun Safety Advice**