



Sun Protection Policy

Approved: July 2026

Next Review: July 2027



PARTNERSHIP LEARNING
RIVERSIDE PRIMARY SCHOOL
Excellence for All



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1. Aims

Whilst we recognise that some sun is good for us, over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue for schools. During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is strongest (between 11am and 3pm). 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. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. Around 90% of skin cancers are caused by over-exposure to UVR, so it is almost entirely preventable. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of developing skin cancer, highlighting the importance of schools and parents working together to increase knowledge and influence behaviours, ensuring children are protected against UVR and learn how to enjoy the sun safely.

The main elements of this policy are:

- Protection: providing an environment that enables pupils and staff to stay safe in the sun
- Education: learning about sun safety to increase knowledge and influence behaviour
- Partnership: working with families, governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy school

2. This School believes in Sun Safety

As part of the Sun Safety policy, our school will:

- Educate children throughout the curriculum about the causes of skin cancer and how to protect their skin
- Encourage children to wear clothes that provide good sun protection, including covering their shoulders throughout the day and in PE
- Hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips. Sunbathing is prohibited
- Work towards increasing the provision of adequate shade for everybody
- Encourage staff and parents to act as good role models by practising sun safety
- Regularly remind children, staff and parents about sun safety through newsletters, posters, parents' meetings, and activities for pupils
- Invite relevant professional (school nurses and health promotion officers to advise the school on sun safety
- Make sure the Sun Safety Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, shade etc)



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3. Suggestions to help cope with hot weather

- Pupils to wear hats when outside
- Pupils should wear sun cream
- Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so
- Where possible, all doors and windows should be opened to provide a through breeze & classroom blinds should be drawn
- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20 minutes when children should be brought indoors, given time to rest and drink water.
- Annual Sports' Day will be determined by preceding days' climate. Again, children spectating should not do so for more than 20 minutes at a time
- Pupils with asthma, breathing difficulties or other relevant health conditions should avoid physical activities
- Families and children must be encouraged to follow these procedures at home
- Staff must also ensure they drink water regularly and take precautions against the high temperatures

In rare cases, extreme heat can cause heatstroke. Symptoms to look out for are cramp in arms, legs or stomach, feeling of mild confusion or weakness.

- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
- If symptoms get worse or don't go away medical advice should be sought. NHS Direct is available on 111

If you suspect a member of staff or pupil has become seriously ill, call an ambulance. While waiting for the ambulance:

- If possible, move the person somewhere cooler
- Increase ventilation by opening windows or using a fan
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet
- If they are conscious, give them water or fruit juice to drink
- Do not give them aspirin or paracetamol

4. Clothing and sun hats



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 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.

School and PE uniforms should keep shoulders covered. Sunglasses are optional. Hats should be worn outside when UV levels reach 3 or above.

5. Sunscreen

Sunscreen recommendations:

- Use a sunscreen with a Sun Protection Factor (SPF) of 30 or above with at least 4 star UVA protection.
- Apply generously to clean, dry exposed skin prior to school when the UV Index reaches 3 or above.
- Clearly label the product with your child's name and class. Your child will be able to leave it in their tray or book bag and reapply it throughout the day when appropriate.
- Ensure the product is in date. If an expiration date is not displayed, look for an open jar symbol with a number next to it (i.e. 12M) – that is the number of months you can safely use the sunscreen after opening.

Sunscreen application in school:

- A practical approach towards application is necessary with self-administration by pupils encouraged under supervision.
- Parents can support schools by encouraging self-administration at home to build confidence and reinforce healthy habits.
- Teachers, and other school staff where it is not in their contract of employment, cannot be required to apply sunscreen to pupils.
- Where assistance may be necessary for the very youngest, or pupils with special needs, parents should request advice and follow guidance from the school.