

# DE LA SALLE COLLEGE



## POLICY TO MINIMISE THE RISK FROM EXPOSURE TO THE SUN

*“BELOVED, I PRAY THAT ALL MAY GO WELL WITH YOU AND THAT YOU MAY BE IN GOOD HEALTH, AS IT GOES WELL WITH YOUR SOUL.”*

**3 JOHN 1:2**

Compiled by: The College Director	Last Reviewed: June 2025
Policy Holder: Mr A. Woodward	Next Revision date: June 2026
Oversight Governor: Leesa Sale	Verification date: Ascension Term 2025

# Introduction

De La Salle College is serious in its concern about the protection of its students and staff from any damage that can be caused to the skin by the sun's harmful ultra violet rays. At various times of the school day, and on organised activities such as Sports Days and school visits, care must be taken. Cancer of the skin is the second most common type of cancer in the United Kingdom and statistics illustrate that the incidence of such cases continues to rise. Skin cancer is usually, but not always, caused by exposure to the sun and it is preventable with care and guidance.

## Aim

The aim of this policy is to help in the promotion of safe and sensible procedures and actions when children are exposed to the sun, even for a brief period of time and to teach children and young people about the risks associated with exposure to sunlight. Pre-emptive action and guidance can help in preventing children from receiving sunburn that can be harmful and, in this way, can contribute in part towards preventing skin cancer.

### De La Salle College aims to:

- Educate its students regarding the causes of skin cancer.
- Be a positive example for students by demonstrating how to protect their skin.
- Encourage students to apply sunscreen when in exposed situations.
- Encourage students to wear clothing that can provide protection from the sun.
- Where possible, aim to timetable outdoor activities at times when the sun is least harmful.
- Provide students with alternatives for sitting outside for long periods, especially when the sun's rays are at their strongest through timetabled lunch breaks.
- Provide areas where there is shade, such as where seating is available.
- Discourage sunbathing during the school day, even for older students.
- Remind students, through assemblies and form time, to use shaded areas, where possible, whether during break or lunch times, during sporting activities or on educational visits.
- Have an ongoing programme of reviewing the provision of adequate shade for all students and staff.
- Encourage all adults on the premises of De La Salle College, whether teachers or other visitors, to act as good role models with regard to sun safety.
- Regularly remind students, staff and parents about the need to be aware of the dangers of excessive or moderate exposure to the sun through newsletters, the school's website and parents' meetings.
- Encourage our children in the Primary School to wear royal blue sun hats, these are on the uniform list and available for purchase through the PTA. Hats are recommended to be worn at playtimes and during outside sporting activities. Legionnaire style sun hats are for Pre-Reception through to Year 2, with Year 3 above not having the neck attachment.
- Educate the children in the Primary School about the importance of sun protection through the PSHE curriculum. In addition, Year 5 attend 'Safety in Action' sessions,

which includes sun safety and PMNW, and Y6 receives information talks from the Lifeguards, which covers elements of sun safety.

- Keep this policy under review and updated in line with guidance from the Department of Education and other advisory bodies.

## Ways in which students can try to avoid the adverse effects of hot weather

- Remind students of the need to have sun cream applied before they leave home or to ensure that they bring sun cream into school for events which may involve prolonged exposure to the sun.
- Encourage students to wear hats or caps when exposed to sunlight for long periods, especially during lunchtimes, PE lessons and sports fixtures.
- Encourage parents to apply long lasting sun cream to exposed areas of their son's skin before school.
- Teachers and adult workers will try to avoid excessive temperatures in classrooms by opening doors and windows to enable air to circulate.
- Where appropriate, use cooler areas in their subject space to deliver lessons in times of excessive heat.
- Encourage students to drink water regularly, particularly at break and lunch time.
- Sports activities will avoid excessive exposure to the sun and will aim to minimise unnecessary exertion which could lead to dehydration.

## Students with medical conditions

Staff members will ensure that students with identified medical conditions are properly catered for at times of excessive heat.

On rare occasions, heat stroke can result from over exposure to the sun or excessively hot conditions. Staff members and students should be aware that mild confusion or body weakness, cramp in the arms, legs or abdomen can all be signs or symptoms of heat stroke.

If these symptoms are identified in anyone at De La Salle College, they should be asked to rest, keep cool and drink plenty of cool fluids.

If symptoms persist, medical advice should be sought immediately. If symptoms are identified as being serious, whilst waiting for an ambulance, if possible:

- Move the patient to a cooler location
- Increase the ventilation by using a fan or opening doors and windows
- Loosen clothing, sprinkle the patient with cold water or use a cool damp fabric

If patients are able to take it, give small quantities of fluids.

**DO NOT** administer any medicines whatsoever in compliance with the school's policy on administering medicines.