



This guidance has been adapted from the Education Hub, National Education Union and the NHS.

Adopted by Castle Primary School on 22nd May 2025.

To help prevent the development of skin cancer, pupils shall receive instruction, encouragement, and environmental support to avoid overexposure to the sun when they are outdoors.

Hats and Protective Clothing / Sunscreen / Sunglasses

Pupils will be allowed to wear sun-protective clothing, including hats, when outdoors, and will be encouraged to do so between March and October.

School Environment

When outdoors, children will be encouraged to stay in Shady areas. Shaded areas will be used for outdoor activities and during lunch time play.

Instruction

Sun safety will be incorporated into the curriculum and promoted to the students during assemblies and before the summer term. Teachers will provide education that relates to skin cancer, including information about the harmful effects of UV rays and recommended practices for preventing skin cancer and staying safe in the sun.

Children & Heat

Children are at greater risk of heat illness than adults. If sensible precautions are taken, children are unlikely to be seriously affected by hot conditions but teachers, assistants, and all child carers will be aware of the signs of heat stress, heat exhaustion and heatstroke.

Drinking water

Children will be encouraged to sip water throughout the day. Water bottles may be filled at break times and kept on desks. Drinking will be permitted during lessons.

Sunscreen

Sunscreen with high sun protection factors should be used to protect skin. Sunscreen should be applied to all exposed skin, including face, neck and ears.

Dehydration

Loss of fluid during exercise makes a participant more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after activity will lead to dehydration and may lead to heat exhaustion and heat stroke.

Heat Exhaustion / Heat stress

Heat exhaustion follows from dehydration and is characterised by:

- High heart rate
- Dizziness
- Headaches
- Loss of endurance/skill/confusion
- Nausea
- Skin may be clammy/cool/sweating and pale in colour
- Muscle cramps may occur
- Little urine passed
- Participant may collapse on stopping activity

What to do if you suspect heat exhaustion or heat stress

- Remove the person from the playing area
- Lay the person down in a cool place
- Give plenty of cool water
- If the person is confused or unable to drink water seek medical help

Heat Stroke

Heat exhaustion can lead to heatstroke and is a medical emergency. It must be treated immediately by a medical practitioner.

Symptoms of heatstroke may include:

- confusion or lack of co-ordination
- seizures (fits)
- loss of consciousness
- high body temperature - a temperature of or above 40°C (104°F)
- red, hot skin that can be sweaty or dry
- fast heartbeat
- fast shallow breathing
- diarrhoea

What to do if you suspect heat stroke

- Call a doctor or ambulance immediately
- Remove the person from the play area and lay them in a cool place
- Give plenty of water if conscious
- Cool them down by putting in a cool bath, shower or apply wet towels

- Maximize airflow to the person by using fans or fan them with a wet towel

Parent/Guardian Communication

Schools will inform parents and guardians about the importance of, and strategies for, preventing skin cancer, and shall alert them that the risk of developing skin cancer is highest for individuals with lightly or moderately pigmented skin. The communication shall include, but shall not be limited to, details of the school policy relating to hats, sun-protective clothing, sunscreen usage, uniforms, and sunglasses. Schools shall also urge families to reinforce sun-safe behaviour outside the school and to support the school's sun safety programmes.

Health Services

School nurses, health educators, and school health resource specialists shall promote, reinforce, and support sun protection and skin cancer prevention efforts for students and their families, and for personnel.