

## **Fun Five Sun Safe Policy**

The aim of this sun safety policy is to protect children and staff from skin damage caused by the effects of ultraviolet radiation from the sun. The main elements of this policy are:

- Protection: providing an environment that enables children and staff to stay safe in the sun.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Partnership: working with Parent/Carer(s), governors, our school nurse and the wider community to reinforce awareness about sun safety and promote a healthy club. The Fun Five Club believes in Sun Safety to ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays in sunlight.

As part of the Sun Safety policy, our club 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.
- Hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas. Sunbathing is definitely discouraged.
- Work towards increasing the provision of adequate shade for everybody.
- Encourage staff and Parent/Carer(s) to act as good role models by practising sun safety;
- Regularly remind children, staff and Parent/Carer(s) about sun safety through newsletters, posters, parents meetings
  - Make sure the Sun Safety Policy is working.

*We will regularly assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, shade etc).*

Suggestions to help cope with hot weather

- Children to wear hats when outside.
- Children should wear sun cream.
- Play Worker's should make a judgement as to the temperature of Fun Five and make internal arrangements to hold sessions in cooler areas where possible.
- Play Workers should encourage children to drink water
- Where possible, all doors and windows should be opened to provide a through breeze the room and blinds should be drawn.

- Physical activities should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor activities should not last for more than 20 minutes when children should be brought indoors, given time to rest and drink water.
- Children with Asthma, breathing difficulties or other relevant health conditions should avoid physical activities
- Parent/Carer(s) and children must be encouraged to follow these procedures at home
- Play Workers 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 child 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.