

**ROKEBY SUN PROTECTION POLICY**

<b>Member of Staff Responsible</b>	<b>Director of Sport</b>
<b>Date of Policy</b>	<b>December 2024</b>
<b>Date for review</b>	<b>December 2027</b>
<b>Approved By Governors</b>	<b>N/A</b>
<b>Distribution:</b>	<b>All Staff</b>

**Introduction**

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is enormous potential for schools to help prevent skin cancer in future generations. Schools are central to protecting children's skin this is because:

- Children are at school five out of seven days a week at times when UV rays are high.
- Most damage due to sun exposure occurs during the school years.
- Schools can play a significant role in changing behaviours through role modelling and education.
- Students and teachers are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Students spend an average of 1.5 hours outside per school day, more if involved in sports and outdoor activities.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

**Sunscreen / Sunblock:**

Covering up and seeking shade are the most important sun protection measures. In addition, sunscreen can provide protection to exposed skin. Sunscreen should not be used to increase the amount of time spent in the sun.

- Staff are not permitted to apply sunscreen to the boys.
- Parents and pupils are encouraged to apply sunscreen before school starts – SPF 15 or above.
- Pupils are encouraged to bring in sunscreen for application at lunchtime and prior to any outside activity (PE, Games etc.). Boys, especially those in the Lower School may find a roller applicator easier to use. Staff will remind boys to regularly apply their sunscreen.
- Those boys playing in fixtures resulting in them being exposed for long periods of time will be reminded by staff to apply sunscreen and wear their hat.
- School Trips:
  - No sunscreen will be applied by staff during off-site trips. Parents are advised to apply sunscreen before arrival at School.
  - On overseas residential trips, sunscreen use will be encouraged, and staff will remind boys on a regular basis.
- Sunscreen must not be shared between boys due to possible skin allergies.

**Shade**

- The school makes sure there are sufficient numbers of shelters and trees providing shade in the school grounds, particularly in areas where pupils congregate.
- Shade provision is considered in plans for future buildings and grounds.
- The availability of shade is considered when planning excursions and all outdoor activities.
- Pupils are encouraged to make use of available shaded areas when outside.
- Staff will recommend pupils seek shade during breaks and lunchtime.

## Education

- Pupils will receive information from teachers about how to stay safe in the sun. about sun protection and how they can help at the beginning of the summer term.
- All staff will receive special SunSmart information.
- Staff will act as role models by wearing protective hats, clothing and sunglasses as appropriate.

## Sun protection strategies

The School encourages students and staff to wear protective clothing during summer term and has adopted the following approaches:

- **School Clothing** is made of close weave fabric and includes shirts with collars and longer sleeves and shorts. Sports clothes at Rokeby do not include vest style tops. On days which are particularly hot, at the headmaster's discretion, the school uniform may be relaxed to enable children to remain cool – this may include removal of school ties, open top button on shirts, blazers not being required or pupils attending in sports kit rather than uniform. The staff dress code may also be relaxed, and specific guidance is given separately on this.
- **Hats:** Children are required to wear hats in sunny weather. All members of the Games Staff are provided with hats and are asked to wear them at appropriate times.
- **Sunglasses:** Children's eyes are very sensitive to light. It is important therefore to protect their eyes. Sunglasses may be worn during games lessons and competitive fixtures when safe to do so – this is typically during the cricket season. Regular glasses wearers may have lenses in their sports safe glasses.
- **Water Bottles:** Children are encouraged to bring water bottles to school and to drink from them regularly. During morning and lunchtime breaks these bottles may be taken outside so the children are able to refill them. Water bottles may also be re-filled at RSG.
- **Ventilation:** During hot weather lessons may take place in the shade outside where practical; the school will be well ventilated and air conditioning used (where installed).