



Rugby School  
THAILAND

## Pre-Prep

# Sun Safety Policy

**Person responsible:** Head of Pre-Prep  
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*The health, safety and well-being of young people are of paramount importance to all the adults who work at Rugby School Thailand. Children have the right to protection, regardless of age, gender, race, culture, sexual orientation, or disability. They have a right to be safe in our school. Members of staff in the school have a legal and moral obligation to safeguard and promote the welfare of the pupils, taking all reasonable steps to protect them from harm whether from physical injury, abuse, neglect, emotional harm or from anything that interferes with their general development.*

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## **RATIONALE**

Research has indicated that young children and babies have sensitive skin that places them at particular risk of sunburn and skin damage. Exposure during the first 15 years of life can greatly increase the risk of developing skin cancer in later life. 80% of the sun's rays can penetrate smog, mist, light clouds and fog and rays reflecting off sand and water can still burn you.

## **AIMS**

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 pupils and staff to stay safe in the sun
- education: learning about sun safety to increase knowledge and influence behaviour
- partnership: working with parents/carers, matron and the wider community to reinforce awareness about sun safety and promote a healthy school.

As part of the Sun Safety policy, we will:

- educate children throughout the curriculum about how skin is damaged 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 during breaks, lunch-hours and trips
- 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 and activities for pupils
- 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 children and staff (use of hats, shade etc)

## **HOT WEATHER GUIDANCE**

- Pupils to wear their sun hats when outside (No Hat, No Play!)
- Pupils should wear sun cream applied by a parent before coming to school and re- applied by pupils if necessary at lunchtime
- Teachers should make a judgement as to the temperature of classrooms and make arrangements to teach in cooler areas if necessary
- Teachers should encourage pupils to drink water
- Where possible, all doors and windows should be opened to provide a through breeze and class room blinds should be drawn
- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration
- Pupils with Asthma, breathing difficulties or other relevant health conditions should avoid strenuous physical activities in the heat

*Please note: Baseball caps or visors do not provide enough sun protection and therefore are not*  
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*recommended.*

### **ROLE MODELLING**

Staff will act as role models and demonstrate sun safe behaviour by:

- Wearing a sun safe hat
- Wearing sun safe clothing
- Applying SPF30+ broad-spectrum water-resistant sunscreen 20 minutes before going outdoors
- Using and promoting shade

Families and visitors are encouraged to role model positive sun safe behaviour.

### **HEATSTROKE**

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.

**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.

### **FURTHER ADVICE**

Cancer Research UK- Sun Safe

<https://publications.cancerresearchuk.org/sites/default/files/publication-files/CRUK%20-%20Cut%20Your%20Cancer%20Risk%20-%20Sunsmart%20Leaflet.pdf>

Slip, Slap Song song

<https://www.youtube.com/watch?v=GKPP8qqA7cY>