Date: May 2024
Review Date: August 2026
Responsibility: Head of PE / College Healthcare Coordinator

EPSOM COLLEGE MALAYSIA

SUN PROTECTION POLICY

1. Introduction

This policy represents the agreed principles for sun protection at Epsom College in Malaysia ("The College") where we want our pupils and staff to enjoy the sun safely. Sun safety is important to ensure that pupils and staff are protected from skin damage caused by the harmful ultraviolet rays in sunlight. The College will work with staff, pupils and parents/guardians to achieve this.

2. Education

- Pupils will learn about sun safety and protecting their skin through curriculum opportunities at least once a year; this may be in academic lessons, PSHE or through assemblies.
- Staff will be reminded at the start of each academic year about the school's sun safety policy and how sun safety can be incorporated into lessons.
- Pupils will be told about the importance of keeping hydrated by drinking water and will be reminded of the need to bring a water bottle into school and make use of the water fountains.
- Pupils and parents will be informed of the importance of protective clothing in the sun.
- We will regularly remind pupils, staff and parents/guardians about sun safety through newsletters and letters regarding educational visits and activities for pupils.
- Staff will be encouraged to praise pupils that adhere to sun protection guidelines.
- Staff will be encouraged to remind pupils of the need for sun protection during social times if they are ignoring guidelines.

3. Protection

We will provide an environment that enables pupils and staff to stay safe in the sun. This will include:

Shading

- Pupils will be encouraged to make use of shady areas of the school and its grounds during breaks, lunch hours, sports days and trips out.
- We will hold outdoor activities in areas of shade whenever possible.
- Pupils will be given shade breaks every 20 minutes in all outdoor PE and games lessons.

- We will continue to work towards increasing the provision of adequate shade for all pupils and staff.
- Pupils will be encouraged to spend rest periods, match and direct teaching breaks in shaded areas.
- Pupils who need to take a break from the sun will be permitted to do so.

Timetabling

- Outdoor Sports events will be scheduled to avoid the heat of the midday/afternoon sun, where at all possible.
- If the temperature is in **excess of 38 degrees celsius**, PE lessons/outdoor activities will be held indoors, under shade or will have their time slot changed (where feasible).

Clothing

- We will expect all KS3 and KS4 pupils to wear a cap for outdoor (non-contact sport) timetabled PE and Games Lessons.
- We will encourage all pupils to wear a cap for outdoor (non-contact) optional CCA activities.
- Staff will also be encouraged to wear hats when on outdoor duty or delivering lessons outdoors.
- Pupils will wear t-shirts during PE or outdoor lessons to cover up their shoulders.
- Pupils will be advised of the benefits of wearing rash vests for added sun protection when swimming.
- We will encourage staff act as good role models by practising sun safety
- Parents/guardians will be asked to ensure their children wear appropriate cover clothing on any school day or residential trip.

Water

- We will remind pupils of the need to keep hydrated during the school day and encourage them to make use of the water fountains;
- We will remind pupils they should take a filled water bottle with them to PE/games lessons or any physical activity sessions.
- Pupils will be given water breaks every 20 minutes in all PE and games lessons

Sunscreen

- Pupils will be reminded to use sunscreen during the school day, before games/outdoor activities and during outdoor school trips or visits.
- Pupils will be reminded of the need to reapply this after swimming/PE.
- We will ask parents/guardians to provide their child(ren) with sunscreen for school trips.
- The school does **NOT** hold a stock of sunscreen and pupils are expected to bring their own/apply before bringing to school.

Protection from the sun indoors

- Air Conditioning units will be operated in classrooms during the school day to allow pupils to study in a cool environment.
- All electrical equipment, including computers and monitors will be switched off when not in use and will not be left in standby mode.