Sun Safety & Hot Weather Procedure Policy

At our term time sessions and holiday camps, the health, safety and wellbeing of all children is our priority.

During periods of warm weather and increased UV levels, we follow national sun safety guidance to minimise the risk of sunburn, dehydration, overheating and heat related illness.

This policy is informed by guidance from the NHS Sun Safety Guidance and UK Government Beat the Heat Advice.

Parent Responsibilities:

To help us keep children safe during warm weather, parents/carers must ensure the following items are brought to a term time session, or camp day:

- A clearly labelled water bottle
- A clearly labelled sun hat
- A clearly labelled sun cream suitable for their child

Suncream Requirements:

Parents/carers are required to:

- Apply sun cream thoroughly before arriving at camp
- Provide a long lasting or “once daily” sun cream
- Ensure sun cream is clearly labelled with the child’s full name
- Ensure sun cream is within its expiry date

In line with NHS guidance, we strongly recommend sunscreen with:

- SPF 30 or above
- UVA 4 star or 5 star protection
- Water resistant protection where possible

Parents/carers are responsible for ensuring the sun cream provided is suitable for their child’s skin type, allergies and medical needs.

Children without suitable sun cream protection may be unable to participate in outdoor activities.

Camp staff are unable to check, verify or assess whether sun cream has been applied correctly before arrival. **Children should therefore attend camp fully protected and ready for outdoor activities.**

Additional sun cream supervision

- Children should arrive at camp with sun cream already applied. Children without suitable sun protection may be unable to participate in outdoor activities.

Staff may supervise additional sun cream application during the day where reasonably necessary, including:

- Children with very fair or sensitive skin
- Children with specific medical or skin conditions
- Situations where sunscreen may have rubbed off, washed off or been removed through sweating/towel drying

Parents/carers must provide consent for sun cream supervision through the booking system before any additional sun cream supervision can take place. It is the responsibility of parents/carers to ensure their consent preferences and medical information are kept up to date prior to attendance.

Parents must also advice In2Care and In2Sport if their child will require additional application supervision.

This supervision will be carried out in line with safeguarding procedures. Wherever possible, children will apply their own sun cream under staff direction and supervision.

Sun Hats

All children must bring a suitable sun hat to camp every day during warm weather.

Hats should:

- Be clearly labelled with the child's name
- Provide appropriate shade for the face, head and neck

If a child arrives without a hat:

- Parents/carers may be contacted and asked to bring one to the session

Children without suitable sun protection may be unable to participate in outdoor activities until a hat is provided.

Water & Hydration

Children must bring a refillable water bottle each day.

Staff will:

- Encourage regular drinking throughout the day
- Provide frequent water breaks
- Monitor children for signs of dehydration or overheating

Additional hydration breaks will be implemented during particularly hot weather.

Shade & Outdoor Activity Adjustments

In line with NHS guidance, staff will take additional precautions during peak UV hours and hot weather conditions. Staff will monitor weather forecasts and may implement additional hot weather control measures where necessary.

These measures may include:

- Increased shade breaks
- Use of shaded outdoor areas where available
- Reduced time in direct sunlight during the hottest parts of the day (typically 11am - 3pm)
- Adjusting physical activity levels
- Indoor cooling breaks where appropriate

During extreme heat or high UV warnings, some outdoor activities may be modified, postponed or cancelled in the interests of children's safety.

Illness & Heat Concerns

If a child shows signs of:

- Heat exhaustion
- Dehydration
- Sunburn
- Heat related illness

Staff will provide appropriate first aid and parents/carers may be contacted to collect their child if necessary.

Working Together

We appreciate the support of parents/carers in helping us maintain a safe environment during periods of hot weather. By working together, we can ensure children continue to enjoy camp activities safely and comfortably throughout the summer.

This policy was adopted by: Sun Safe Schools	Date: 20th May 2026
To be reviewed: Summer 2027	Signed: L M Hall