

SUN PROTECTION POLICY



At Among The Trees, we are committed to ensuring the health and safety of our learners, staff, and visitors. Sun protection is an essential aspect of our care, particularly in our outdoor environment where exposure to sunlight is frequent. This policy outlines our approach to sun protection to minimise the risk of sun-related harm while maintaining a positive outdoor learning experience.

Sun Safety Practices

Sunscreen Application

All students, staff, and volunteers are advised to apply sunscreen before outdoor activities when the UV index is 3 and above or where learners and staff are outdoors for prolonged periods of time.

Parents/guardians are requested to provide sunscreen labeled with their child's name. The sunscreen should be broad-spectrum, water-resistant, and with a minimum SPF of 30.

Staff members are responsible for assisting younger children in applying sunscreen and monitoring reapplication throughout the day. Parents can consent to sunscreen application when making a booking.

Sunscreen should be reapplied every two hours or more frequently if children are engaged in water activities or sweating excessively.

Protective Clothing

Children are encouraged to wear lightweight, long-sleeved shirts, long pants, and wide-brimmed hats to shield exposed skin from direct sunlight.

Parents/guardians are advised to dress their children in light-coloured, loose-fitting clothing that covers as much skin as possible.

Staff members will lead by example, wearing appropriate sun-protective clothing and hats during outdoor activities.

Shade Provision

Outdoor activities will be scheduled during times when sunlight intensity is lower, typically in the early morning or late afternoon where possible.

Shade structures such as tents, umbrellas, and natural shade provided by trees will be utilised during outdoor sessions.

Rest periods and snack times will be scheduled in shaded areas to provide opportunities for sun relief.

Education and Awareness

Sun safety education will be integrated into our curriculum to teach children about the importance of sun protection and how to protect themselves from sun-related harm.

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Informational will be provided to parents/guardians to raise awareness about sun safety practices and the significance of sunscreen application in session information sheets.

Water Accessibility

Drinking water will be provided during the warmer months to ensure hydration during outdoor activities. Children will be encouraged to bring a drink to sessions and drink water frequently, especially on hot and sunny days.

Policy Implementation

This sun protection policy will be communicated to all stakeholders, including parents/guardians, staff members, and volunteers.

Staff members will undergo the Sunguarding CPD training course by the Melanoma Fund on sun safety practices to ensure their knowledge and expertise is up to date. This will help to ensure policy implementation, compliance and consistency.

Regular reviews of this policy will be conducted to assess its effectiveness and make necessary revisions to enhance sun protection measures.

Policy Review

This Sun Protection Policy will be reviewed annually by the Among The Trees management team to ensure its relevance and effectiveness in safeguarding the health and well-being of our forest school community.

Date of policy statement: 14.05.24

Next review due: 14.05.25

Reviewed:

Among The Trees

Prepared and reviewed by: Matthew Couper (owner and lead practitioner)

Matt Couper: Sunguarding Accredited on 14.05.24

