



Sun Smart and Extreme Heat Policy

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Revision History

Version	Date	Reason for most Recent Revision
v1.0	March 2015	Reviewed and reissued as per guidelines in WS-PRO-001.
v2.0	December 2018	Minor changes
v2.1	March 2022	Minor changes
v2.2	September 2025	Reviewed - no changes



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1 Introduction

Overexposure to the sun and extreme heat can present a serious health risk to individuals. Pupils and the greater school community need to be educated about the dangers of ultraviolet radiation (UVR), overexposure to the sun and health risks associated with exposure to high temperatures.

This policy provides guidelines to support pupils, their families, school staff and the greater school community in developing healthy lifestyles that can reduce the potential risk of harmful ultraviolet radiation (UVR) and high temperature exposure.

2 Roles & Responsibilities

2.1 Parent / Carer

- Provide a broad-brim hat, school cap or safari style hat for their child to wear outdoors from the month of April to November
- Apply sunscreen, preferably SPF30+, to child prior to leaving home in the morning
- Provide a drink bottle that each pupil can drink from at regular intervals during the day
- Act as a role model for their child in maintaining sun smart behaviours, i.e. avoiding exposure to direct sun between the hours of 11:00 – 15:00

2.2 St Christopher's School

- Encourages pupils to apply sunscreen prior to the commencement of school each day. A broad spectrum SPF 30+, water resistant sunscreen is recommended
- Encourages staff to practice sun smart behaviours to pupils as role modelling
- Encourages pupils to remain hydrated by drinking water regularly
- Encourages pupils to use available areas of shade when appropriate for outdoor activities
- Encourages hats are worn for all outdoor activity during the months of April to November
- Implements indoor play during break at times of extreme heat as determined by the Senior Management Team
- Staff will identify signs and symptoms of overheating and dehydration e.g. fainting/ dizziness