

SCHOOL SUN SAFETY CHECKLIST

Before the school day

- Remind families to apply sunscreen at home before arrival
- Check the UV index for the day (Met Office app or website)
- Ensure shaded areas are accessible for break times and PE
- Confirm all pupils have a water bottle

During the school day

- Encourage regular water breaks during lessons and at playtime
- Prompt pupils to reapply sunscreen before extended outdoor activity
- Encourage hats and lightweight clothing during high UV periods
- Direct pupils to shaded areas during peak sun hours where possible
- Adjust intensity or duration of outdoor PE in high temperatures
- Schedule structured rest breaks/timeouts during outdoor activity

Watch out for symptoms of heat exhaustion

- ⚠ Excessive sweating
- ⚠ Excessive thirst
- ⚠ Nausea or vomiting
- ⚠ Fatigue or weakness
- ⚠ Tiredness and dizziness
- ⚠ Headache or a high temperature
- ⚠ Muscle cramps in the arms, legs and stomach
- ⚠ Fast breathing or heartbeat
- ⚠ Skin becoming pale and clammy (changes may be less visible on darker skin tones)
- ⚠ Heat rash (prickly heat)