



Sun Safety and High Temperature Policy

July 2026

Approved by	Date	Review Schedule	Date of next review
Trust Board	August 2026	Annual	August 2027

Saint Paul teaches, 'the body is not made up of one part but of many.'

Chester Diocesan Learning Trust recognises and nurtures the unique gifts, skills and talents within our whole community.

We will empower adults and children to grow in character and mind, shaping a better future.

Shaping better futures; one body, many parts.

Statement of Intent

Chester Diocesan Learning Trust (CDLT) is committed to safeguarding the health, safety and wellbeing of pupils, staff, volunteers and visitors across all phases of the school. This includes managing risks associated with high temperatures, heatwaves and exposure to ultraviolet (UV) radiation during lessons, breaktimes, lunchtimes, social time, PE, outdoor learning, educational visits and other school activities.

Excessive sun exposure and overheating can cause sunburn, dehydration, heat exhaustion and heatstroke, and may contribute to long-term skin damage and an increased risk of skin cancer.

Pupils may be more vulnerable than adults because of their age, activity levels, behaviour, medical needs or reduced awareness of risk, while staff may also be affected by heat, work duties, pregnancy, medical conditions or medication. This policy sets out the arrangements by which the school will reduce risks from sun and heat, promote positive sun-safe behaviours, and meet its duty of care in line with DfE hot weather guidance, Skcin Sun Safe Schools best practice, and Cancer Research UK SunSmart advice.^{1 2 3}

This policy applies to all pupils, staff, volunteers, parents/carers, contractors and visitors when on school premises or participating in school activities, including activities that take place off site.

1. Legal Framework

This policy has due regard to:

- Health and Safety at Work etc. Act 1974
- Management of Health and Safety at Work Regulations 1999
- Education Act 2002 (s.175 safeguarding duties)
- Equality Act 2010
- DfE: *Hot weather and heatwaves – guidance for schools and education settings*⁴
- For EYFS provision, arrangements strictly adhere to the Statutory Framework for the Early Years Foundation Stage regarding outdoor safety, hydration, and protection from weather extremes

2. Roles and Responsibilities

Headteacher

The headteacher is responsible for:

- Ensuring this policy is implemented.
- Ensuring hot weather, heatwave and UV risks are considered within school risk assessment arrangements.
- Using weather forecasts, UV levels and Heat-Health Alerts to inform proportionate operational decisions.
- Communicating clearly with staff, pupils and parents/carers about hot weather arrangements, including any changes to uniform, routines, activities or site use.
- Ensuring reasonable adjustments are considered for pupils and staff with medical conditions, disability, SEND, pregnancy, medication-related risks or other vulnerabilities.
- Determining whether school operations need to be modified due to heat, with the expectation that the school remains open wherever it is safe and practicable to do so.

¹<https://educationhub.blog.gov.uk/2025/06/hot-weather-and-heatwaves-guidance-for-schools-and-other-education-settings/>

²<https://www.skcin.org/resources/sun-safe-schools/>

³<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/sun-safety>

⁴<https://educationhub.blog.gov.uk/2025/06/hot-weather-and-heatwaves-guidance-for-schools-and-other-education-settings/>

Staff

Staff are responsible for:

- Following this policy and modelling sun-safe and heat-safe behaviour.
- Encouraging pupils to drink water, use shade, follow agreed clothing or uniform adjustments and make sensible choices during hot weather.
- Supervising pupils appropriately during lessons, PE, outdoor learning, breaktimes, lunchtimes, social time and educational visits.
- Being alert to signs of heat-related illness, dehydration or sunburn and seeking first aid or medical support promptly where needed.
- Reporting concerns about room temperatures, ventilation, shade, water access or pupil/staff vulnerability to an appropriate senior leader.

Parents/Carers

Parents/carers are responsible for:

- Providing appropriate sun protection where required, such as a named hat, sunscreen and refillable water bottle.
- Applying sunscreen before school where possible and supporting pupils to understand how to reapply it appropriately.
- Informing the school about medical conditions, medication or other needs that may increase vulnerability to heat, sunlight or dehydration.
- Supporting sun-safe and heat-safe behaviour at home and school.

Pupils

Pupils are expected to:

- Follow sun-safe and heat-safe guidance appropriate to their age, maturity and school phase.
- Use shade, water, sunscreen and suitable clothing or uniform adjustments as directed.
- Report feeling unwell, overheated, dizzy, thirsty, faint, confused or sunburnt to a member of staff promptly.
- In secondary settings, take increasing responsibility for sensible choices during independent movement, social time and outdoor activities, while following staff instructions and site rules.

3. Minimising Risks

To reduce risks from UV exposure and heat, the school will:

- Promote the **SunSmart approach**: shade, clothing and sunscreen used together.
- Encourage outdoor activities to take place in shaded, cooler or sheltered areas where possible.
- Avoid or reduce prolonged outdoor exposure during peak UV times, particularly between 11am and 3pm when UV levels are high.
- Ensure regular access to drinking water for pupils and staff.
- Adapt lessons, PE, outdoor learning, duties and activities during hot weather to reduce unnecessary physical exertion.
- Consider site-specific risks, including exposed playgrounds, fields, sports courts, courtyards, temporary classrooms, south-facing rooms, crowded indoor areas and poorly ventilated spaces.
- Monitor pupils and staff for signs of heat stress, particularly those with medical conditions, disability, SEND, pregnancy, medication-related risks or other vulnerabilities.

Where sun-related or heat-related illness occurs, first aid will be provided in line with the First Aid Policy, and emergency medical support will be sought where symptoms indicate possible heatstroke or serious illness.

4. Clothing

From **mid-March to mid-October**, when UV levels in the UK are often 3 or above, sun-protective clothing is encouraged for pupils and staff when outdoors for extended periods. Sun-safe hats include:

- Wide-brimmed hats
- Bucket hats
- Legionnaire-style hats

(Baseball caps do not provide adequate protection to the neck and ears.)

Pupils without appropriate sun protection may be directed to shaded, cooler or indoor areas, or activities may be adapted following risk assessment.

Uniform expectations may be relaxed in hot weather to support comfort and heat safety. This may include removing jumpers or blazers, adjusting PE kit expectations, allowing permitted hats or encouraging lighter clothing where appropriate to the school phase and activity.

5. Sunscreen

- SPF 30+ broad-spectrum sunscreen with at least 4-star UVA protection is recommended when UV levels are 3 or above and skin cannot be protected by shade or clothing.
- Parents/carers are encouraged to apply sunscreen before school where appropriate.
- Pupils should bring named sunscreen for self-application where needed, with expectations appropriate to their age, maturity and individual needs.
- Secondary pupils will normally be expected to manage their own sunscreen application responsibly, unless an individual need or agreed support plan applies.
- Staff are **not required** to apply sunscreen as part of their role.
- Where staff agree to assist younger pupils or pupils with SEND, disability or medical needs, written parental consent will be obtained, support will be limited to appropriate exposed areas, and safeguarding arrangements will be followed.

Sunscreen is an additional control and should be used alongside shade, clothing, hats and sensible scheduling; it should not be relied on as the only form of protection.

6. PE and Outdoor Activities

- PE, sport, outdoor learning and practical activities will be adapted in hot weather to reduce vigorous or prolonged exertion.
- Outdoor activities may be moved to shaded areas, cooler parts of the site, indoor spaces or alternative times of day where practicable.
- Hydration and rest breaks will be planned and increased during hot weather.
- Pupils and staff will be reminded to use appropriate sun protection and report feeling unwell promptly.
- Activities, fixtures, sports days, clubs or enrichment events may be modified, shortened, relocated or postponed where risks cannot be adequately controlled.

Strenuous activity should be avoided or significantly reduced during very hot conditions, particularly where pupils or staff are exposed to direct sunlight, high humidity, limited shade or poor ventilation.

7. Breaktimes, Lunchtimes and Social Time

- Shaded, cooler or indoor areas will be prioritised during hot or sunny weather, including playgrounds, courtyards, fields, dining areas, halls, libraries, year group areas and other supervised social spaces as appropriate to the school setting.
- Pupils will be reminded to drink water regularly and to use appropriate sun protection, including hats or other permitted uniform adjustments where this is suitable for the age and context of the pupils.

- Breaktime and lunchtime arrangements may be adjusted following risk assessment, including limiting access to exposed areas, rotating use of shaded spaces, staggering movement, or shortening outdoor time where necessary.
- For secondary settings, pupils may be given clear expectations about where they may spend social time during hot weather, including any restrictions on outdoor areas, sports courts or unsupervised spaces.
- Staff on duty will monitor pupil wellbeing, encourage sensible choices and respond promptly to signs of overheating, dehydration or heat-related illness.
- Indoor social time may be used where necessary, provided that supervision, behaviour expectations, ventilation and room capacity have been considered.

8. School Trips

- All educational visits, off-site activities, fixtures and residential visits will include consideration of hot weather, UV exposure, hydration, shade, travel arrangements and access to welfare facilities.
- Risk assessments will consider pupil age and independence, staff duties, medical needs, medication, SEND, walking distance, terrain, forecast conditions and the availability of cooler or shaded areas.
- Trip leaders will ensure pupils and staff have access to drinking water and appropriate sun protection, and will brief pupils on expectations before and during the visit.
- Activities may be modified, shortened, relocated, rescheduled or postponed where risks cannot be adequately controlled.

9. Hot Weather Procedures

There is **no maximum legal temperature for schools**, but the school must assess heat as a health and safety risk and take reasonable steps to keep pupils, staff and visitors safe and comfortable. Actions will be guided by local forecasts, UV levels, Heat-Health Alerts, building conditions, pupil and staff vulnerability, and the professional judgement of senior leaders.

During hot weather the school may use the following measures for classrooms, offices, halls, corridors, dining areas, libraries, social spaces and other internal areas:

- **Plan ahead:** check forecasts, UV levels and Heat-Health Alerts, identify rooms and outdoor areas that become hottest, and agree daily operational changes through senior leadership.
- **Manage ventilation:** open windows, vents and internal doors at cooler times where safe, then adjust ventilation during the day according to whether outside air is cooler or hotter than inside air.
- **Reduce solar gain:** close blinds, curtains or other shading on sun-facing windows before rooms heat up, while maintaining safe light levels, supervision and ventilation.
- **Use cooler spaces:** move lessons, tutor time, intervention, assemblies, clubs, meetings or social activities to cooler rooms, shaded internal areas or alternative spaces where practicable.
- **Support airflow safely:** use PAT tested fans or portable cooling equipment where available and safe, ensuring equipment is supervised, cables do not create trip hazards and airflow does not create discomfort or other risks.
- **Adapt teaching, duties and activities:** reduce vigorous movement, avoid unnecessary physical exertion, adjust duty locations or duration where necessary, schedule quieter activities during the hottest part of the day and provide additional rest breaks.
- **Hydration:** ensure pupils and staff have frequent access to drinking water, encourage regular drinks, and allow water bottles in classrooms unless there is a specific safety or safeguarding reason not to.
- **Uniform and comfort:** relax uniform or dress expectations where appropriate, including removal of jumpers and blazers, and encourage loose, light clothing where permitted by the school.

- **Monitor wellbeing:** staff will remain alert to signs of heat stress, dehydration, heat exhaustion or heatstroke, including unusual tiredness, dizziness, headache, nausea, cramps, confusion, fainting or behaviour that is out of character.
- **Medical conditions and medication:** additional checks and reasonable adjustments will be made for pupils and staff with medical conditions, SEND, disability, pregnancy, clinical vulnerability or medication that may affect temperature regulation, hydration or sensitivity to sunlight.
- **Movement and social areas:** unnecessary movement through hot corridors or crowded spaces will be reduced where possible, and pupils may be staggered, redirected or supervised in smaller groups to reduce heat build-up.
- **Communication:** changes to routines, uniform, room use, collection arrangements, activities or site access will be communicated to staff, pupils and parents/carers through the school's usual channels.

If internal temperatures remain uncomfortable despite reasonable controls, senior leaders will review the risk assessment and may further adapt room use, staffing, start and finish arrangements, curriculum delivery or activities. Partial or full closure will only be considered as a last resort where risks cannot be managed safely, and any decision will be communicated promptly to parents/carers and relevant stakeholders.

When an Amber or Red Heat-Health Alert is issued by the UKHSA/Met Office, senior leadership will formally review site conditions, activate enhanced cooling/shade measures, and evaluate whether high-exertion outdoor activities (e.g., sports days, intense PE) must be rescheduled or cancelled.

10. Staff and Pupils with Medical Conditions or Increased Vulnerability

The school recognises that some pupils and staff may be at increased risk during hot weather or periods of high UV exposure due to medical conditions, disability, pregnancy, age, SEND, or medication that may affect temperature regulation, hydration, sensitivity to sunlight or the body's ability to cope with heat. Individual needs will be considered through existing care plans, risk assessments, medical information and reasonable adjustments.

- Review relevant medical information, individual healthcare plans, risk assessments and parental or staff disclosures where appropriate.
- Identify whether any medication may increase sensitivity to heat, sunlight, dehydration or fatigue, and agree suitable precautions with parents/carers, staff members or medical advice where required.
- Provide reasonable adjustments such as access to shade, cooler rooms, additional hydration, rest breaks, modified routines, reduced physical activity or alternative indoor provision.
- Ensure pupils and staff who require sunscreen, protective clothing, hats, sunglasses or other agreed protective measures are supported to use them appropriately.
- Monitor wellbeing more frequently during hot weather and respond promptly to signs of heat-related illness, dehydration or adverse effects linked to medication or medical conditions.
- Maintain confidentiality and dignity when discussing or managing individual medical needs, while ensuring relevant staff have the information needed to keep pupils and staff safe.
- Make reasonable adjustments in line with Equality Act duties and the school's supporting pupils with medical conditions arrangements.

11. Curriculum

Sun safety, heat safety and skin cancer prevention will be taught and reinforced in an age-appropriate way through:

- PSHE, health education, science, tutor time or pastoral programmes as appropriate to the school phase.
- Assemblies, briefings, displays, campaigns and themed activities.

- Age-appropriate discussion of UV risk, sunbeds, sunscreen, hydration, heat illness and personal responsibility.
- Practical reminders before PE, outdoor learning, educational visits, sports fixtures and social time during hot weather.

Learning will be adapted so that younger pupils receive clear, simple messages and older pupils develop greater independence in managing sun exposure, hydration and heat-related risks.

12. Role Modelling

- Using shade, hydration, suitable clothing and sunscreen where appropriate.
- Encouraging safe choices by pupils, colleagues and visitors.
- Following agreed arrangements for duties, room use, outdoor activities and hot weather adjustments.

13. Training

Sun safety, hot weather awareness and heat-related illness will form part of:

- Staff induction and relevant role-specific briefings.
- Periodic health and safety updates, particularly before and during warmer months.
- Briefings for staff supervising PE, outdoor learning, educational visits, breaktimes, lunchtimes, social time or exposed duty areas.
- First aid awareness of heat stress, heat exhaustion, heatstroke, dehydration and sunburn.

14. Monitoring and Review

This policy will be reviewed annually by the Trust, and sooner if guidance changes, incidents occur or site arrangements change. Effectiveness will be monitored through:

- Feedback from pupils, parents/carers, leaders, staff and, where relevant, union or staff representatives.
- Monitoring incidents of sunburn, dehydration, heat stress or heat-related illness.
- Reviewing first aid records, site concerns, room-temperature issues and supervision arrangements during hot weather.
- Checking whether arrangements remain suitable for the age range, layout and activities of the school.

Sources and Guidance

- Department for Education and UKHSA guidance on hot weather and heatwaves for schools and education settings.
- UKHSA Heat-Health Alerting system.
- Health and Safety Executive guidance on workplace temperature, thermal comfort and heat stress.
- Cancer Research UK sun safety and UV index guidance.
- Skcin Sun Safe Schools resources and best practice guidance.