

BLOW THE WHISTLE ON SUNBURN



Practical advice for those working outdoors with children

As a teacher, coach, leader, or parent you hold a very important position. You inspire and educate, and children look up to you. Leading by example and reinforcing the Outdoor Kids Sun Safety Code messages will go a long way to ensuring that you are doing everything to protect the children in your care.

The guidelines contained within the OK Code are designed to make a valuable contribution to standards of care in the context of protection from the sun; a practical approach is expected and integrating the relevant parts of the OK Code to make it work for your activity will help achieve this.

Key Messages

- BLOW THE WHISTLE ON SUNBURN
- STAY SAFE IN THE SUN

A Guide for those who work outside with kids

The fact is that most kids rack up most of their lifetime sun exposure before age 18, so why not give them a set of simple but memorable sun protection habits they can integrate into their everyday lives, and hopefully pass on to others?

Why is this important?

Did you know that protecting young skin from the sun can reduce the chances of developing melanoma in adult life, by as much as 78%? As a coach, teacher or leader, you work hard to prevent injury, and following good sun protection habits is just another aspect of safeguarding the children in your care.

Ways to help get the message across

- 1** Seeing someone they respect leading by example, has a big impact on kids. Read and follow the Outdoor Kids Sun Safety Code yourself, the more you know the more you will be able to assist in the learning of good sun protection habits
- 2** Get into the habit of talking about sun protection in a positive way. Your ultimate goal is to ensure that no child goes home with sunburn.
- 3** Clothing and eye protection should be the first line of defence, so encourage the wearing of garments that afford maximum protection; but within the health and safety requirements of each activity
- 4** Kids listen when the advice is engaging and fun. A regular 'sun protection minute' can be carried out after lunch. A fun but serious exercise routine can be employed, giving kids one minute to thoroughly reapply to all exposed areas. Remember the BEENS code!

BEENS

Remember the hard to get places

- Back of knees
- Ears
- Eye area
- Neck and nose
- Scalp



- 5 Have a Q&A session, asking kids what they know about sun
- 6 Watch out for those who may not understand the importance of sun protection. Encourage better understanding
- 7 Pay special attention to children with disabilities and learning difficulties; making sure you follow any agreed care plan for their protection or creating one with their carer where needed
 - UPF clothing is a much easier way to protect children, there are many specialist companies selling UPF 50+ clothing
- 8 Encourage the use of zinc sticks (often used by professional sportspeople, applied to lips and noses provides a cool but protected vibe!)
- 9 Ensure you remind kids that they can burn even on cloudy days in summer!
- 10 Lead by example, try to be the one that seeks shade when the opportunity is there

We all want children to be free to have fun outside, and by following our simple guidelines, you can help to reduce a child's chance of developing melanoma in the future. What a fantastic legacy for tomorrow's generation!

This document does not attempt to constitute an authoritative legal interpretation of the provisions of any enactment, regulations or common law. That interpretation is exclusively a matter for the courts. It offers guidance from which individual teachers, coaches or other responsible adults may apply according to the particular and specific circumstances with which they meet. Responsibility remains with the teacher, coach or other responsible adult for the appropriate management of any situation in which this guidance may be applied.

The Myfanwy Townsend Melanoma Research Fund, 6 Manor Road, East Grinstead, West Sussex RH19 1LR. www.melanoma-fund.co.uk
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