

# Practical advice for those working outdoors with children



## Blow the whistle on Sunburn!

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

### Are you a good role model?

Research shows us that leading by example has a big impact on the children and they will be more likely to do the same and pass this onto others. Not only will you be inspiring them with your actions, you will also be developing your own good habits!

### Why is this important?

Skin cancer is the UK's most common and fastest growing cancer. It is also preventable and by simply being more aware of the risks and acting accordingly we can reduce incidence.



## Actions to implement

**1** Read the OK Code yourself; the more you know, the more you will be able to assist children in learning 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** Children love to learn and 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 children what they know about the 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.
- 8 Encourage the use of zinc sticks (often used by professional sportspeople, applied to lips and noses provides a cool but protected vibel!)
- 9 Ensure you remind children that they can burn even on cloudy days in summer!
- 10 Lead by example, keep yourself sun protected - do as you say!

We all want children to be free to have fun outside. By following our guidelines, you can encourage this and also increase the chances of them growing up with healthy skin. 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.

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Registered Charity 1085969

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