

THE OK CODE

1. OK Guidelines



Blow the whistle on Sunburn!

THE OUTDOOR KIDS SUN SAFETY CODE was devised by the Melanoma Fund. It is partnered with the Youth Sport Trust, Association for Physical Education (AfPE), Child Protection in Sport Unit (NSPCC) and UK Coaching and supported by over 100 National Governing Bodies of Sport and outdoor organisations.

Following the OK Guidelines is as much about those who work outdoors with children understanding and using sun protection as it is about communicating the key facts to children and their parents/carers. It is important for everyone to work together in a variety of ways to ensure that all children are protected.

There are three core elements to the Outdoor Kids Sun Safety Code:

1. EDUCATION 2. PROTECTION 3. LEADING BY EXAMPLE

“ It only takes a few incidences of sunburn to more than double a child’s risk of getting melanoma in later life ”

Paediatric Dermatologist.

1. EDUCATION

To deliver effective sun protection you can make use of the following resources:

- The OK Code which includes the OK Guidelines and Practical Advice for those Working Outdoors with Children (read and make available to all staff)
- OK Sun Policy (create a set of actions tailored to your activity and resources)
- Posters (print and display in a prominent position)
- Parents content (to use in your communication)



2. PROTECTION

Clothing and shade should always be the first line of defence underpinned by the use of SPF30+ sunscreen.

Clothing

Teachers, coaches, leaders and parents should be familiar with the types of sun protective clothing that ideally should be worn. Recommendations should be made in line with suitability for each outdoor pursuit and the specific health and safety requirements needed to ensure safe enjoyment of each activity.

Essential kit

Clothing is the simplest line of defence.

We suggest that children should be asked to attend with the following items and these should be worn, where practical for each activity.

- Hat/cap
- T-shirts that cover shoulders
- Legs covered when the child is a wheelchair user
- Wraparound sunglasses

We suggest that spare items should be made available to any child who does not have appropriate items.

Advice for clothing: Protective clothing can be an easier solution for sun protection as it avoids the application of sunscreen which needs to be reapplied and can be sweated or rubbed off. Appropriate clothing will absorb or reflect harmful UVB rays. This can be of particular help for children with learning difficulties or very young children.

Close weave fabrics afford more protection. Better still are UPF rated garments which are constructed of textiles affording a superior level of protection – ideally UPF50 which will block out nearly all of the harmful UVB.

Sunscreen and its application

- We recommend a minimum of SPF30 with both UVA/UVB protection (broad spectrum)
- Where young people have disabilities or special considerations that may affect their ability to utilise sunscreen, advice should be sought and procedures agreed with their parents/carers
- Consider the provision of a generic consent form which gives permission to a teacher, coach, leader or responsible adult to apply sunscreen should it be necessary

Advice on SPF products: Creams can be more effective and give better protection. Sticks are good for the face and sensitive areas as there is less chance of running into eyes, when compared to using creams. Choose a product that is designed for children and ensure the product is within its sell by date. Do not worry about choosing expensive named brands, just look for right level of protection (see above).

Advice on application:

Parents/carers:

Always use a generous quantity of product (most of us do not use enough) and don't rub in too hard; it is better to pat lightly until the white has disappeared to be sure of coverage. Apply to all areas that will be exposed before dressing and leaving home and if necessary, top up when you arrive at the outdoor activity.

Coaches/leaders:

Ensure everyone has sunscreen with them and it is reapplied

after lunch breaks - and that means you too! Even products that claim to be water resistant/sweat proof or are once a day should be reapplied at least once during the day.

Where a child has a disability (physical or learning) that prevents their ability to do so effectively, a support system should be agreed in order for them to be protected.

Advice for children with eczema: Parents/carers should check sunscreen for any known irritants in the ingredients and do a patch test to be sure. Before applying sunscreen the usual emollient and steroids (if used) should be applied, wait 30 minutes and then apply the sunscreen. Protective clothing is highly beneficial for children with a range of skin problems, some of which may make using sunscreen undesirable or impractical. If in doubt parents/carers should be recommended to consult their primary healthcare provider.

Advice for children with allergies: Make sure that a request is made to be alerted to all medical conditions, including Polymorphic Light Eruption (PLE) or sunscreen allergies before children attend.

Polymorphic Light Eruption – reaction to exposure to sunlight, usually from spring onwards, but rare in children.

Allergic reaction to an ingredient in sunscreen – sunscreens work in one of two ways:

- Absorbing light rays
- Reflecting light rays

Allergies are usually caused by a reaction to chemicals contained in the sunscreens which absorb light rays, as for these to be effective, they are also absorbed by the skin. The reflecting creams containing minerals like zinc oxide and titanium dioxide sit on top of the skin, forming a barrier against the sun's rays and are therefore less likely to become an irritant.



Advice for children with disabilities: Young people with disabilities may have different tolerances to the sun or may not be able to detect when their skin is feeling hot (or cold). For young wheelchair users, they can be particularly susceptible to sunburn on the tops of their legs if they are seated with their legs exposed to the sun. Parents/carers should ensure sunscreen is fully applied and give advice on how often cream should be reapplied. Protective clothing is highly beneficial for children with a range of disabilities that make them more susceptible to burning or less able to move into shade easily.

And don't forget the tricky bits!

B-E-E-N-S is a simple way to remember the easy to forget bits!

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

Advice on wellbeing in the sun: Protection from the sun isn't just about sunburn, don't overlook heatstroke and heat exhaustion too. The following should be considered:

1. HYDRATION – All children should attend with water bottles (or access to water, or hydration for those children unable to drink unsupported), be encouraged to drink, and free supplies of water should be available at all times. For those children who find it more difficult to self-manage hydration, adults should prompt and support effective hydration.

2. SHADE – If at all possible, avoid the sun between 11am – 3pm. Try to make sure that lunchtime is taken in the shade and that there is plenty of shade either in a clubhouse or portable structure, to shade children in breaks and when they are not actually active; i.e.; watching activity.

3. EXTREME HEAT – 30°C and above is too hot for very physical activities without risking heatstroke and severe dehydration. For some young people with disabilities, they may have a lower tolerance and therefore guidance should be sought from their parents/carers.

Advice on hydration: A child's hydration needs will vary, but all children should have free access to water when outdoors, they should have named water bottles and be encouraged to drink exclusively water on a regular basis.

Advice on heat stress leading to heatstroke: Children suffering from heat stress will show general signs of discomfort (including those listed below for heat exhaustion). These signs will worsen with physical activity or if left untreated can lead to heat exhaustion or heatstroke.

Heat exhaustion – Signs of heat exhaustion include the following: irritability, fatigue, dizziness, headache, nausea or hot, red and dry skin.

Heatstroke – Heatstroke can develop if heat exhaustion or heat stress is left untreated, but it can also occur suddenly and without warning. Sweating is an essential means of cooling and once this stops a child is at serious risk of developing heatstroke. The following steps to reduce body temperature should be taken at once.

- Move the child to as cool a location as possible
- Sponge the child with cool, (not cold) water and, if available, place cold packs around the neck and in the armpits
- Place the child near a fan

If a child shows signs of confusion or loses consciousness, place the child in the recovery position and follow the steps above. In both cases, call for emergency medical assistance.

If sensible precautions are taken to safeguard children outdoors; they are unlikely to be adversely affected by hot conditions.

Advice on vitamin D: It is widely acknowledged that some exposure to sunlight is needed to maintain healthy reserves of vitamin D in the body, this is essential for the absorption of calcium. The question is 'How much?'.

- In general **10 to 15** minutes exposure to the face and arms as a minimum; but always less than the amount of time needed for the skin to redden or burn
- **Two or three times a week** in the summer months is adequate
- Darker skin absorbs sunlight more slowly and can be exposed more frequently to ensure adequate absorption; but again less time than it would take to burn
- Some vitamin D is still absorbed with the use of sunscreen

Remember:

- The vitamin D produced in the summer months keeps you healthy in the winter months when the UK sun is not strong enough to generate vitamin D. For those at risk, diet and supplements should be considered but consult your primary health care provider to find out what is right for the child concerned
- Anyone who may be at risk of vitamin D deficiency due to complex health issues or complications arising from medication should be advised to consult their primary health care provider

3. LEADING BY EXAMPLE

It is recommended that the following should be undertaken:

- a) Adults should lead by example, this means making sure that they are seen to be protecting themselves from the sun by dressing appropriately, remaining hydrated and avoiding extreme temperatures.
- b) Where relevant, adults should apply sunscreen to themselves in full view of the children.
- c) Adults should check that everyone (including themselves) are protected before a session starts, and that sunscreen is reapplied during the day (ideally after lunch breaks).
- d) Advice for Working Outdoors with Children (see below) should be circulated to all staff. It contains background information, simple sun protection messages and some suggested dialogue to impart to children.



Whether you're an individual, or a group, becoming Sun Protection Accredited will help enhance your provision of sun protection creating a safer environment for all.

Become Sun Protection Accredited at www.melanoma-fund.co.uk

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Melanoma Fund
37 Chieveley Drive,
Tunbridge Wells, Kent TN2 5HG
info@melanoma-fund.co.uk

www.melanoma-fund.co.uk
Registered Charity 1085969

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Child Protection in Sport Unit

2. 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



Blow the whistle on sunburn!

Our 5 key rules:

- PREPARE:** Ensure that everyone arrives ready for a day in the sun
- PROTECT:** Use clothing, hats/sunglasses and sunscreen (SPF30+) reapplied at breaks
- SHADE:** Avoid direct sunlight during lunch or whilst spectating others
- HYDRATE:** Ensure water is always available
- LEAD BY EXAMPLE:** Inspire children with your own actions

Post it note © Melanoma Fund

- 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 vibe!)
- 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!



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