



Stay Safe in the Sun



Find out more about the
Outdoor Kids Sun Safety Code at:
www.oksunsafetyscode.com

Contact us:
info@oksunsafetyscode.com
or 07989551046

Find out more about the
charity and melanoma:
www.melanoma-fund.co.uk

The Myfanwy Townsend
Melanoma Research Fund,
6 Manor Road
East Grinstead
West Sussex
RH19 1LR



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.



Funded by the Myfanwy
Townsend Melanoma
Research Fund

Registered Charity 1085969

A New Initiative

The Outdoor Kids Sun Safety Code is funded by the Myfanwy Townsend Melanoma Research Fund, a small national charity created by Harry Townsend, in memory of his wife Myfanwy, who died from melanoma in 1999. In 15 years the charity's supporters have raised over £500,000 and funded a range of research and education projects: including the Blond McIndoe Research Foundation, Cancer Research UK and The Royal Marsden, plus the creation and funding of a specialist cancer nurse post at the QVH Hospital.

www.oksunsafetyscode.com

BLOW THE WHISTLE ON SUNBURN!

“We know that sunburn in childhood can greatly increase the risk of developing melanoma in later life. Our goal is to ensure that children are protected from the harmful effects of the sun whilst enjoying physical activities. Our Outdoor Kids Sun Safety Code gives essential support to all those who work with children outdoors.”

Harry Townsend
Founder MTMRF

In association with



Child Protection in Sport Unit



The Outdoor Kids Sun Safety Code



THE OUTDOOR KIDS SUN SAFETY CODE

is produced in association with the Association for Physical Education (afPE), sports coach UK, the CPSU and the Youth Sport Trust and medical advisor Mr Paul Banwell. The OK Code is supported by over 30 national outdoor groups and associations from sport to scouting, gardening and conservation.

It is important for everyone to work together to ensure that all children are protected.

There are three core elements:

1. **EDUCATION**
2. **PROTECTION**
3. **LEADING BY EXAMPLE**

Look out for the OK Logo showing that organisations and individuals will be putting in place measures to ensure that they receive the Accreditation Mark this summer. But don't forget they need your help!

Parents/carers are asked to follow the OK Sun Safety Code during April to September; we know that lots of you already do this, and also that health and safety requirements will mean that some of the suggestions made are not compatible with the needs of the sport or activity; but here is a basic reminder of what is needed:

Education

- Explain to your children the importance of avoiding sunburn

Protection

- Provide your child with a sunhat (legionnaire with protection for the back of the neck and ears) and wraparound sunglasses
- Consider UVP 50+ clothing with in-built protection or garments in a darker colour or white with close weave and long sleeves
- Shorts and skirts should be knee length or below and legs covered if your child is a wheelchair user
- Sunscreen SPF 30+ should be applied before your child gets dressed and again on exposed parts on arrival
- Supply your child with a bottle of SPF 30+ UVA/UVB (labelled with their name) so they can reapply during the day
- Children should have named water bottles to ensure they are hydrated
- Children should be encouraged to seek shade where possible

Leading by Example

- Make sure you are seen to be protecting yourself and your family

Remember

- If a child has any individual health requirements which may make them more prone to suffering ill effects from the sun, contact your primary healthcare provider for advice and make a member of staff aware so that a care plan can be agreed

Organisations and individuals following the OK Code will make sure that:

- Staff are familiar with, and follow the Outdoor Kids Sun Safety Code
- Children are reminded about the Outdoor Kids Sun Safety Code, coaches will lead by example
- Spare sun protection essentials will be available if anyone has forgotten anything
- Shade will be provided during breaks and time-out whenever possible
- Free water is available at all times

“I am a lover of the outdoors but also aware of the harmful effects of the sun; so I am delighted to be part of the creation of the Outdoor Kids Sun Safety Code. We owe it to all children to do our best to make sure they are safe in the sun.”

Julia Bradbury

Melanoma Facts:

Fair skinned children with a high count of naevi (small, brown, freckle like skin marks) or a family history of melanoma are most at risk of developing melanoma; but anyone from any ethnicity can be affected.

Children get 80% of lifetime sun exposure before the age of 18.

Avoiding sunburn will help to reduce the risk of developing melanoma in later life.

Melanoma is one of the fastest growing skin cancers.

Melanoma is the most deadly of skin cancers.

20% of skin cancers are diagnosed as melanoma, but it accounts for 80% of deaths.