Sun Safety & Extreme Weather Policy

1. Policy Statement

This Sun Safety & Extreme Weather Policy sets out how **Elite SF** protects children, coaches, volunteers, and visitors from the risks associated with sun exposure and extreme weather conditions. This policy is written in line with safeguarding and welfare expectations consistent with Ofsted requirements, health and safety legislation, and recognised best practice.

The Coaches is committed to ensuring that activities are planned and delivered safely, with children's health, wellbeing, and safety is the highest priority at all times.

2. Scope of the Policy

This policy applies to:

- All children attending sessions, clubs, camps, and activities
- All coaches, assistants, volunteers, young workers, and contractors
- All indoor and outdoor activities organised by the business

3. Key Principles

- The safety and welfare of children is paramount
- Risks associated with sun exposure and extreme weather will be assessed and managed
- Activities will be adapted, postponed, or cancelled if conditions are unsafe
- Clear procedures will be followed to respond to changing weather conditions

4. Responsibilities

Management Responsibilities

- Monitor weather forecasts and environmental risks
- Ensure risk assessments include weather-related hazards
- Provide guidance and equipment where required
- Make decisions to adapt, suspend, or cancel activities when necessary

Coach Responsibilities

- Follow this policy and associated risk assessments

- Monitor children for signs of heat-related illness or weather-related distress
- Encourage safe behaviours and protective measures
- Act immediately if a child's health or safety is at risk

5. Sun Safety Procedures

To reduce the risks associated with sun exposure:

- Parents/carers will be encouraged to apply sunscreen before sessions
- Children may reapply sunscreen during sessions with parental consent
- Children will be encouraged to wear sun hats and appropriate clothing
- Regular water breaks will be built into sessions
- Shaded areas will be used wherever possible
- Activities will be modified during peak sun hours where necessary

UV Index Guidance

- In line with recognised UK health guidance, sun protection measures will be implemented when the **UV Index is 3 (Moderate) or above**
- When the UV Index reaches **3 or higher**, sunscreen should be applied before outdoor activity
- Protective measures (sunscreen, hats, shade, reduced exposure) will increase as UV levels rise
- Coaches will monitor daily UV forecasts as part of risk assessment procedures

Note: While there is no specific legal UV threshold that mandates sunscreen application, **UV Index 3+ is the nationally recognised point at which sun protection is advised for children**. This approach reflects best practice and supports children's health and safety

6. Heat and Hot Weather

- Sessions will be adapted to reduce physical exertion in high temperatures
- Coaches will monitor children for signs of heat exhaustion or heatstroke
- Frequent hydration breaks will be provided
- Activities may be shortened, moved indoors, or cancelled if conditions become unsafe

7. Cold Weather and Adverse Conditions

- Children will be encouraged to wear appropriate warm and weatherproof clothing
- Activities will be adjusted to reduce exposure to cold conditions
- Sessions may be modified, relocated, or cancelled in extreme cold, ice, or snow
- Surfaces will be checked for safety before activities begin

8. Severe Weather Conditions

Severe weather may include:

- Thunderstorms or lightning
- High winds
- Heavy rain or flooding
- Extreme temperatures

In such conditions:

- Outdoor activities will cease immediately if safety is compromised
- Children will be moved to a safe indoor location where possible
- Emergency procedures will be followed as required

9. Monitoring Children's Wellbeing

- Coaches will be vigilant for signs of sunburn, dehydration, heat exhaustion, or cold related illness
- Any concerns will be acted upon immediately
- First aid will be provided where appropriate
- Parents/carers will be informed of any concerns or incidents

10. Communication with Parents/Carers

- Parents/carers will be informed of weather-related changes to sessions
- Guidance may be shared regarding appropriate clothing, sun protection, and hydration
- Decisions to cancel or amend sessions will be communicated promptly

11. Safeguarding and First Aid

- Weather related illness or injury is a safeguarding and health concern
- Qualified first aiders will be available during sessions

- All incidents will be recorded and reviewed
- Serious concerns will be escalated in line with safeguarding procedures

12. Training and Awareness

- Coaches will receive guidance on managing sun safety and extreme weather risks
- Weather related procedures will be included in induction and training
- Risk assessments will be reviewed regularly

13. Policy Review

This policy will be reviewed annually or sooner if:

- Ofsted guidance or legislation changes
- A weather-related incident highlights the need for review
- Operational changes occur

14. Declaration

All coaches, volunteers, and parents/carers must read, understand, and agree to comply with this Sun Safety & Extreme Weather Policy.

15. Acknowledgement and Acceptance (BrightHR)

All self-employed coaches and contractors engaged by Elite SF are required to read and acknowledge this Policy Breach Procedure, along with all associated policies, via the BrightHR system (or equivalent compliance platform used by the business).

Acknowledgement via BrightHR constitutes confirmation that the individual:

- Has read and understood the contents of this procedure
- Agrees to adhere to all company policies and standards
- Understands the consequences of policy breaches as outlined

Failure to complete policy acknowledgement may result in:

- Suspension of work allocation
- Removal from scheduled sessions until compliance is confirmed

The business reserves the right to rely on digital acknowledgement records as evidence of acceptance of terms and expectations.

Adopted on: 29th December 2025
Signed on behalf of Elite SF: J. Bartram
Date for review: 29th December 2026