

Sun Safety

Statement of intent

Our setting believes in sun safety to ensure that children and staff are protected from skin damage caused by the harmful ultra-violet rays of sunlight.

Aim

We aim to make children, staff, and parents aware of the harmful effects of the sun and to educate the children to minimise the risks to their health.

Methods

As part of our sun safety policy, we will:

1. Educate children throughout the curriculum about how to protect the skin from the sun.
2. Encourage children to wear clothes that provide good sun protection, such as sun hats.
3. We will make fresh water readily available to all children and ensure they are drinking plenty.
4. Use sun cream where appropriate. During periods of hot weather we will ask parents to apply sun cream to their children before they attend Nursery, we will then re-apply this as required throughout the day. Sun creams can be labelled with the child's name, and the date it was opened as there is a 12 month expiry for sun creams. Parental permission will be obtained so that cream can be applied by staff to ensure sun safety. We also ask for a minimum factor of 30. UV rays will be checked each day throughout the day, and during peak hours, children will not be allowed outside.
5. Outside play times will be monitored to avoid hot sun times. Peak hours will be avoided these are between 11 o'clock and three o'clock.
Children will not be permitted to play outside without wearing hats and we will discourage sunbathing.
7. Shade will be made available when possible. Shelters are available for the children to play under in the hot weather.

8. Encourage staff and parents to act as good role models by practising sun safety; wearing hats, drinking water, and applying sun cream
9. Remind children and parents about sun safety through newsletters, posters, and stories.

Children suffering from heat stress will show signs of discomfort such as Irritability, fatigue dizziness headache nausea and hot, red skin. If heatstroke is suspected, we will make the child as cool as possible and contact the parent/carer, if necessary, we will call for emergency assistance

Reviewed by Clare Hayes and Amelia Pullen

Reviewed in March 2023

Next review date March 2024