

## Sun Safety Policy

### Policy Statement

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contribute significantly to the lifetime risk of skin cancer. We want all staff and children to enjoy the sun safely.

### Education

- All children will be involved in a discussion, appropriate for their age and understanding, at the start of summer about sun protection and the risks
- All staff will be educated in the importance of sun protection and the risks involved in not protecting both themselves and others
- Parents and carers will be informed about our policy
- Sun safety will be promoted through working with parents, staff, and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to UV.

### Protection

- The Pre-school garden has shade provided in ways of gazebos and sun sails with outdoor shelter and trees
- Children will be encouraged to use the shaded areas during playtimes when appropriate
- Time outside is limited during heatwaves and extreme temperatures.

### Hydration

- Children will be encouraged to take more regular drink breaks.
- In extreme temperatures we may offer the children frozen fruit for snack or half and ice pop.
- In extreme temperatures, heavily diluted squash may be offered as an incentive to ensure children remain hydrated

### Sunscreen

- Parents are required to apply sun cream to their child prior to arrival. A suncream station is available outside of pre-school for parents to use if they have forgotten at home. Staff will only apply cream to children after lunch.
- Parents of children that attend for a half day should apply sun cream to their child at home. For those children that attend for a full day, parents should apply cream to their children before they come to Pre-school and staff will assist the child in re-applying it during the day when necessary
- Parents are asked to sign permissions for sun cream to be applied to their children.
- The Pre-school supplies a store own brand (usually boots Soltan) sun cream factor 50 which we will apply unless parents have a preference or children an allergy, which then parents will be required to supply the setting with a labelled bottle to remain on sight.

## **Clothing**

- The children will be encouraged to wear clothes that provide good sun protection (sun hats etc)
- Parents/carers will be duly informed of the importance to provide the nursery with the appropriate clothing/headwear
- Staff are encouraged to be good role models by demonstrating drinking plenty of water and/or wearing hats when appropriate.
- Children are encouraged to increase their water intake in hot weather and are encouraged to do so in outdoor areas also.
- Water will always be available to children throughout the day which children will be able to access independently (both indoors and outdoors).

This policy was adopted by

Ashurst Wood Community Pre-School  
Laurn Page (Manager)  
Charlotte Tester (Chair)