



Sun Protection Policy

Rationale

Over-exposure to the sun can cause serious effects such as sunstroke, dehydration and sunburn. Research shows that exposure to the sun can also cause serious skin conditions in later life and can have harmful effect on children's health.

Staff at Garretts Green Nursery take children's health very seriously and are committed to raising awareness of the issue and ensuring the procedures for protecting children at Nursery are followed.

Aims

- To protect children from the harmful effects of exposure to the sun.
- To raise awareness of healthy practices in relation to exposure to the sun.

Staff responsibilities

- Staff will ensure that when children are taken outside during the hottest part of the day (between 10.00 am and 3.30 pm) they are encouraged to stay under the shaded areas whenever possible
- Where outside activities are to be accessed during hot weather they need to be positioned in areas of shade, noting that shaded areas will change through the day. Staff are encouraged to plan creatively to add to existing shaded areas by making dens, tents, shelters, etc.
- Children will be encouraged to drink plenty of water.
- Staff will ensure that permission to apply sun cream if required is gained from parents/Carers.
- Children will be encouraged by staff to wear sunglasses if provided by parents / carers.
- Children are encouraged to wear a hat when outside in the sun. School sunhats are available if a child requires one.
- Staff act as role models for children and wear appropriate clothing, hats, and sunglasses and seek shade whilst supervising outdoor activities.
- If children appear to be over-heating staff will insist that they spend time indoors to cool down. Time outdoors may be limited for children and also for staff on the hottest of days.
- Staff will promote and develop an understanding of skin care and sun safety with children during activities, sessions, circle time etc.

Parent responsibilities

- Parents will receive letters requesting that they conform to 'safe sun practices'.
- Parents will ensure that they use sun cream with an SPF 30 or above if possible before children come into Nursery at the start of the morning/afternoon session.
- If parents require re-application of sun cream for their child during the session they will be expected to give their permission.

- Parents will ensure that children are dressed appropriately – loose cotton clothing that covers as much as the child’s arms and legs as possible. Shoulders should be covered.
- Parents will provide their child with a wide brimmed hat or a legionnaires-style hat that covers the face and neck.
- Parents will provide written consent for sun cream to be applied to their child during the Nursery session.
- Where parents request their child wears sunglasses they must be provided and cover as much as the eye area as possible and conform to British safety standards
- Parents are requested to talk to their children about the safe exposure to sun and to act as role models whilst in the nursery.

Presented to Governors:

Signature of Chair of Governors:

Proposed Review date: