

## **Safeguarding and Welfare Requirement: Health**

Where children are provided with effective sun protection throughout their time in the setting.

# 40. Sun safety

## Policy statement

At Ridgemount Cottage Nursery we want staff and children to enjoy the sun safely. We will use the sunny weather as an opportunity to educate the children about how to keep themselves safe in the sun.



## Procedures

We follow these procedures to promote effective sun protection in our setting.

### Application of sun cream

- We ask all parents to apply sun cream (at least SPF 30) to their children before they come to nursery during the months March to October.
- Sun cream will be applied before children go outside in the sun in line with the recommendations on the bottle.
- Children who stay all day are asked to bring a named bottle of sun cream to nursery, to be kept in the suncream boxes provided. This can be collected after each session or left at nursery until nearly empty, at which point, and in good time, staff will advise parents that it is due to be replaced.
- Parents sign consent on their child's registration form giving permission for staff to re-apply sun cream when necessary.
- Children whose parents decide not to provide/apply or allow staff to apply suncream will have to collect their children when UV is 3 or above, as without suncream children will not be able to play outside: and with staffing requirements and ratios this cannot be accommodated.
- Suncream must have a UV coverage of 5.

### Exposure time in the sun

- Management will make day-to-day decisions about the length of time spent outside depending on the strength of the sun (UV levels). Children will not be allowed in

direct sunlight between 11.00am and 3.00pm on hot days from March to October, following NHS sun safety advice. Shaded areas are provided to ensure children can still go out in hot weather, and cool down or escape the sun should they wish or need to

- Children will always have sun cream applied before going outside in the hot weather and at frequent intervals during the day
- Children are encouraged to drink cooled water more frequently throughout sunny or warm days and this will be accessible both indoors and outside
- Children are made aware of the need for sun hats, sun cream and to drink more fluids during their time in the sun
- Key persons also work with the parents of their key children to decide and agree on suitable precautions to protect children from burning, including those with more sensitive skin types and those who may be more tolerant to the sunshine, e.g. of black and/or Asian colouring.
- It is the responsibility of management and staff to deem whether the outdoor environment is suitable for the children to play. For example, if it is considered too hot before 11am, the children will stay in the shade or inside.

## Shade

- The main outside areas is quite open. There are 3 outdoor areas that offer shade for the children. During hot, sunny weather we will utilise these areas to allow children access to outside.

## Clothing:

We follow guidance from the weather and UV level reports and use the following procedures to keep children safe and healthy in the sun:

- Children must have a clearly labelled sun hat which will be worn at all times whilst outside in sunny weather. This hat will preferably be of legionnaires design (i.e. with an extended back and side to shield children's neck and ears from the sun) to provide additional protection
- Children must have their own labelled high factor sun cream with prior written consent for staff to apply. This enables children to have sun cream suitable for their

own individual needs. Staff must note the expiry date and discard sunscreen after this date. Sun cream containing nut-based ingredients will not be allowed in the setting

- Parents are requested to supply lightweight cotton clothing for their children suitable for the sun, with long sleeves and long legs
- Children’s safety and welfare in hot weather is the nursery’s prime objective, so staff will work closely with parents to ensure all appropriate cream and clothing is provided

## Drinking Water

- Children bring in their own drinks bottles, which are labelled at nursery.
- Children have access to their drinks bottles throughout the day.
- During warmer weather, staff will encourage the increase of water intake for all children.
- During warmer weather, staff will be mindful to offer toileting children more opportunity to go to the toilet and thus avoid unnecessary accidents.

## Further guidance

- **NHS- <https://www.nhs.uk/conditions/Sunburn/#advice-for-babies-and-children>**

This policy was adopted by	Ridgemount Cottage Nursery Ltd	<i>(name of provider)</i>
On	June 2023	<i>(date)</i>
Date to be reviewed	June 2024	<i>(date)</i>
Signed on behalf of the provider	Jessie Surman	
Name of signatory	Jessica Surman	
Role of signatory (e.g. chair, director or owner)	General Manager	