



## Sun safety policy

Fennies Nurseries want staff and children to enjoy the sun safely and are committed to ensuring that all children are fully protected from the dangers of too much sun.

Too much exposure to ultraviolet light (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 contributes significantly to the lifetime risk of skin cancer.

There is potential for nurseries to help prevent skin cancer in future generations because nurseries can play a significant role in changing behaviours through role modelling and education from an early age.

Children and staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight. Skin cancer is largely preventable through behaviour modification and sun protection during early years. Children need to be fully protected from the dangers of the effects from the sun. Young children have sensitive skin that can be easily damaged by the sun's dangerous UV rays. It is the staff's responsibility to ensure children are being protected as at this young age they are unable to take responsibility for their own sun protection.

Staff need to ensure they are encouraging the children to protect themselves from the sun and teach them the importance of wearing sun cream and a sun hat. Staff should be acting as a role model to all the children.

### **The main elements of this policy are:**

- Partnership: working with parents/guardians, nursery staff and the wider community to reinforce awareness about sun safety and promote a healthy nursery.
- Education: learning about sun safety to increase knowledge and influence behaviour.
- Protection: providing an environment that enables children and staff to stay safe in the sun.

### **Partnership**

- 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 ultraviolet light (UV).

- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing, hat and sunscreen.

### **Education**

- Parents and guardians will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
- Children will be taught the 'Slip, Slop, Slap' Song which will help them remember the basic Sun Safe message
- Children will be read 'George the Sun Safe Superstar', an illustrated, rhyming story that educates children on the importance of Sun Safety and staff will regularly reinforce the sun safe messaging through discussion.
- Children should be made aware of the importance of sun hats, sun cream and the need to regularly drink water during the day.

### **Protection**

#### **Shade:**

- The nursery playground has shade provided either by the nursery building, outdoor shelter(s), trees and/or we have temporary structures i.e. gazebos, etc. for use during outdoor play.
- Children will be encouraged to use the shaded areas during playtimes when appropriate.
- Children should not be outdoors in the sun between 11am and 3pm when the UV rays are high.
- Shade must be provided for children under 2 years old
- Manager to check the UV rays and the strength of the sun daily so staff can make day to day decisions about the length of time the children can spend outdoors.
- A UV Index reading of 6 to 7 means high risk of harm from unprotected sun exposure. Protection against skin and eye damage is needed. The UV index does not exceed 8 in the UK.

#### **Clothing:**

- The children will be encouraged to wear clothes that provide good sun protection. Children need light-weight cotton clothing suitable for the sun, with long sleeves and long legs if prone to sunburn
- Children must have a clearly named sun hat which will be worn at all times whilst outside in sunny weather. This hat will preferably be of legionaries design (i.e. with an extended back and side to shield children's neck and ears from sun) to provide additional protection
- The nursery will provide spare appropriate sun hats and quality sunscreen on site at all times.

#### **Drinking Water:**

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during outdoor play times.

### Sun cream

- Each nursery will provide sun cream for the children however if the parents wish to bring in their own sun cream they can. If parents provide their own sun cream then we would require to fill out a sun cream form to say the name of the cream, name of child, date the cream was brought in and expiry date
- Sun cream must be applied 15 minutes before going outside and reapplied every 2 hours
- Every time sun cream is applied it should be recorded on a sun cream record form
- Staff will make day-to-day decisions about the length of time spent outside dependant on the strength of the sun and the UV rays the manager will check on a daily basis
- It is important that every child in the nursery has access to a suitable sun hat and sun cream with a factor of at least 30+ to ensure they are protected from the sun whilst in our care.
- If children are playing in water outdoors then sun cream must be reapplied when they have finished playing.

Internal use only

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date disseminated to staff</b>	<b>Date for review</b>
<i>April 2018</i>			<i>May 2019</i>