



Little 1 Nursery

## 11.2 Sun Policy

Sun cream is very important in the warmer weather and although the sun might not be out and shining it can still affect the skin.

Evidence proves that;

- Skin should be protected from strong sunlight by covering up with suitable clothing, seeking shade and applying sunscreen.
- In the UK, the risk of getting sunburnt is highest from March to October, particularly from 11am to 3pm, when the sun's rays are strongest.
- There is also a risk of getting sunburn in other weather conditions – for example, light reflecting off snow can also cause sunburn. You can also burn in cloudy and cool conditions.

**We expect sun cream to be applied to children by parents/carers prior to attending nursery when the UV rays are predicted to be 3 or above, this can be checked online. We will then reapply sun cream (factor 30) after lunch if the child is at the setting in the afternoon. We will have a sun cream station available at the setting for parents to apply sun cream to their child if they have not done so before arrival.**

On especially hot day's we will assess the temperatures and how long we spend outside in the garden, ensuring the children are in shaded areas and have lots of access to water play.

Sun hats are also an important part of being safe in the sun; these should be worn in sunny weather to protect the children. Hats are provided, Children can bring their own if they wish. Sun hats do not necessarily need to be worn if the weather is warm but not sunny. Again if you unsure please seek advice from the management at the setting. Remember that sun hats are not only protecting the skin, but also the eyes from the harmful rays.

Staff will ensure all children have constant access to replenished water to keep hydrated

In both the nest and preschool children have an individually named water bottle or lidded cup to access throughout the day. Fresh water is offered at snack and meal times.

If we notice a child has heat rash throughout the day we will keep them in the shade, keeping them cool and hydrated, removing necessary clothing and the parents will be informed. If a child comes to the setting with heat rash or sunburn then we will ask the parents to complete an incident outside of nursery form.

If a child shows the signs of sun stroke such as vomiting then this will be dealt with in line with our First Aid Policy and procedure. We will immediately contact the parents and ask they come and collect.

**The health, safety and wellbeing of the children in our care is always our highest priority.**

During periods of extreme heat, we closely monitor temperatures throughout the nursery and take all reasonable steps to keep children safe and comfortable. This includes increasing access to

drinking water, limiting time spent outdoors, using shaded areas, and ensuring rooms are kept as cool and well-ventilated as possible with a combination of air conditioning and opening windows.

If temperatures reach a point where we are unable to maintain a safe and suitable environment, or if official weather or public health guidance advises that it is unsafe to remain open, the nursery reserves the right to reduce opening hours or temporarily close in the interests of children's welfare. Parents and carers will be informed of any changes to our usual operating arrangements as soon as possible.

In the event of a red weather warning, we may need to reduce opening hours or close for younger children, or close the setting entirely if required.

As outlined in our terms and conditions, we are unable to offer refunds or swap days for closures caused by adverse weather.

To meet Safer Sleep guidance, we also follow recommendations from the Lullaby Trust, which advises that rooms for babies are kept between 16–20°C to help prevent overheating and reduce the risk of sudden infant death syndrome (SIDS). We will always aim to maintain this temperature range wherever possible throughout the day and throughout the setting.