



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 children will only be outside between 8.30-11.00am or sat in a shaded area. In the afternoon we will not take children out until 2pm and will try and stay in the shade until 3pm.

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 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.