

# Fledglings Day Nursery

## Sun Protection Policy and Procedure

### Aim

To ensure that children can enjoy being in the sun safely and are protected from skin damage caused by ultra-violet rays in sunshine.

### Policy

We will cover two key areas:

**Education:** To raise awareness with staff, parents and children as to why keeping safe in the sun is important and how to do this.

**Protection:** To consider sun protection when planning all outdoor activities from April to September (the sun is strongest at this time of year). Sun protection for our service will cover use of shade, timetabling of activities, clothing and use of sunscreen.

### Procedures

#### Education:

- We will discuss sun protection with all children.
- We will engage children in activities (picture painting, songs etc) designed to promote sun safety.
- We will ensure that all staff understand the importance of sun protection e.g. by making information available in the staff room and by discussing at team meetings.
- We will share information on sun safety with parents/carers and how they can help support this eg via the notice board and newsletter.

#### Protection:

#### Shade:

- When the sun is strong we will encourage children to sit/play in the shade where it is available.
- We will make sure that organised activities outside make use of the shade available.
- We will move seats and equipment to shady areas as necessary.
- We will consider what areas we have that provide shade and assess if more are necessary.

**Timetabling:**

- We will timetable outside activities and play before 11am and after 3pm where possible.

**Clothing:**

- Children are required to wear a hat that covers the ears, face and neck when outside in the sun between 11am and 3pm. Parents/carers are asked to provide a hat for their child/ren.
- We will have some hats available for children that have forgotten to bring their own.
- Staff have agreed to wear hats outside as well to role model good practice.

**Sunscreen:**

- Parents/carers should apply sunscreen to their child's face, arms, ears, neck and legs, backs of hands and tops of feet, before arriving at the setting.
- Sunscreen applied must be at least factor SPF 15+.
- If a child is attending a full day at the setting, parents/carers must provide a labelled and in date bottle of sunscreen of at least SPF15+.
- To prevent cross infection, we are only able to apply sunscreen that has been provided for the child by the parent/carer.
- Parents/carers need to sign consent for staff to apply sunscreen to their child.
- Staff will regularly apply sunscreen to children between 11am and 3pm. Staff will wash their hands before and after each application and will apply the sunscreen in the presence of a witness.
- Children will be supported to put on their own sunscreen, with supervision, as is appropriate to their age and stage of development.
- Children who are not wearing sun cream will not be allowed outside to play. Children who stay all day who do not have a bottle of sun cream for re-application will not be allowed outside after lunch.

**Further information**

<http://publications.cancerresearchuk.org/downloads/product/SPPSN.pdf>

<http://www.nhs.uk/Livewell/skin/Pages/Sunsafer.aspx#children>

Please sign and return the slip below to give us permission to apply your child's sunscreen to their skin.

**Sunscreen Consent Form**

I have read and agree to the above Sun Protection Policy.  
I agree that I will provide a sun hat for my child during the Summer months  
and that I will apply sunscreen before my child arrives at the setting.

I do/do not give consent for the setting staff to apply sunscreen  
to..... (name of child) as necessary.

Name of parent/carer.....

Signature.....

Date.....