



| | |
|--|------------------------|
| Name: | Date written: |
| Sun Safety Policy | 28/3/22 |
| Written by: | Date of Review: |
| Emma Holmes and Louise Lloyd-Evans | 15/9/23 |
| Policy Statement | |
| This policy is in place to protect staff and children from the harmful effects of the heat and sun whilst at Young Friends Kindergarten | |
| Aims and Purpose | |
| <p>As we are a Nature Kindergarten, we spend a lot of time outside, so sun safety is paramount. This policy covers the months of April to October. Children cannot control their body temperature as efficiently as adults during hot weather and are unaware of the harmful effects of the heat and sun.</p> <p>The main risk from heat is dehydration, we must look out for signs of heat exhaustion and heatstroke. We are mindful of the importance of protecting the children and staff from the dangers of over exposure to UV.</p> <p>Skin cancer is now the most common and fastest rising cancer in the UK.</p> <p>Heat related illness can range from mild heat stress to potentially life-threatening heatstroke.</p> | |
| Applicability | |
| Children Staff Families | |
| Definition of Terms | |
| <p>U.V Index - The UV Index (or UVI) is a standard international measure of ultraviolet radiation emitted by the Sun - which penetrates the Earth's atmosphere and can cause sunburn.</p> <p>Index values start at zero and then can rise above 10.</p> <p>The higher the UVI, the greater the potential for damage to the skin and eyes - and also the less time it takes for harm to occur.</p> | |
| Overview | |
| General Procedures Clothes Hydration Trips | |

Procedures

General Procedures

- **During the months of April to October, UV Levels will be checked daily using information from The Met Office. If they are predicted to reach 3 or above, sunscreen and sun hats are required and shade encouraged.**
- In this instance, parents must apply sun cream before children attend ideally this would be a cream/spray that the manufacturer says lasts up to 10 hours
- Suncream applied must be at least factor 30, preferably 50 with a 4 star UVA protection rating
- Parents must apply sun cream before children attend if it is a sun cream that needs reapplying, the parent must make the key person aware of this.
- Parents will be asked to apply sun-cream on arrival if they have not applied before leaving home
- **When UV levels reach 5 or above, time outdoors should be limited if no shade is available**
- All rooms will be well ventilated to create a through breeze, fans for further air flow and monitoring of the indoor temperature will take place
- Rooms should be kept dark with blinds, minimal lighting and calm environments during hot days. Cold water and flannels, cool packs used to cool children down if needed
- Activities should be planned for the comfort of both children and staff in hot weather
- When the UV is high we will apply Alturist Sunscreen factor 30 to the children after lunch and when necessary. We will also limit time spent outside in the middle of the day, endeavour to ensure the garden has extra shade.

Clothes

- Staff must always dress suitably especially during hot weather both for themselves and to role model safe practice to the children:
 - A hat must always be worn outside and on trips to cover and protect heads
 - Safe and suitable summer clothes and shoes, no 'flip flops', sliders or shoes without straps at back
- Every child must have a named legionnaires hat, ideally these would be made from UV material
- Children's summer shoes must be suitable for our garden, outings, and trips.

Hydration

- All staff are responsible for ensuring that children drink water more regularly during the summer.
- Re above staff are to create additional adult led reminders during the day
- Staff must role model and narrate always drinking fresh water and sun safety during the day, particularly when outside

Extreme Temperatures

As our summers get hotter, we recognise the requirement to be extra vigilant with regards to keeping children and ourselves safe. It is known that skin can burn even when

in the shade or when it is cloudy. Therefore, when the temperature in the sun reaches over

- Staff will keep monitoring temperatures in rooms and in the garden with our inside and out thermometers
- Staff will make extra sure enough water is being drunk by checking each child's bottle
- Staff are aware each child should be drinking at least 1 litre of water per day
- Staff will ensure that children drink at least two cups of water each mealtime
- Staff will check children's urine as they are aware dark urine could mean dehydration
- Staff and children will not be outside, in direct sun between 11am and 3pm
- Water vessels will be filled in garden for waterplay to cool children down
- Staff will ensure all windows in the nursery are open
- Staff will ensure sleeping areas are cool and dark and check children more regularly for temperature changes when asleep
- Children will not be encouraged to do vigorous physical exercise
- Staff will ensure play is concentrated in the shade when in the garden outside of the hours of 11 and 3pm
- If a child appears hot staff will ensure water is drunk, that they are moved to a cooler area, hair tied back, and utilise techniques such as placing a damp flannel on their forehead
- Babies not yet walking will ALWAYS be kept in the shade when outside

Trips

- Before embarking on a trip, staff will talk to children about keeping themselves safe in the heat and protecting skin from the sun
- Staff will dynamically risk assess the effects of sun and heat on children and create shade wherever possible
- Additional water will be taken on outings and trips for children. Staff will be responsible for their own water intake

External Links and Organisations

Altruist Sunscreen: [Altruist Sunscreen SPF50 100ml - Altruist Sun](#)

SunSafe Nurseries: [Daily UV Forecast \(sunsafenurseries.co.uk\)](http://sunsafenurseries.co.uk)

NHS: [Sunscreen and sun safety - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Met Office: [Weather and climate change - Met Office](#)

Relevant Policies and Documents

Health and Safety
Accidents and Incidents
Learning and Development
Parent/Carer Code of Conduct
Staff Code of Conduct

Food Nutrition and Healthy Eating

Authorisation

Signature:

A handwritten signature in black ink, appearing to read 'Louise Lloyd-Evans', written in a cursive style.

Louise Lloyd-Evans
Owner and Director

Young Friends Nature Nursery
89 Holland Road
Hove
East Sussex
BN3 1JP