



Young Friends Kindergarten

Sun Safety Policy

Reviewed: August 2025

Next Review: August 2026

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Our Values

As a Nature Kindergarten, outdoor learning is part of who we are — but so is keeping children safe, well and comfortable in all weather. Our sun safety practice is guided by our values:

- **Sustainability** – Respecting the environment means understanding and preparing for its impact
 - **Respect** – Every child deserves protection and care under the sun
 - **Authenticity** – Real learning happens outside — but only when children feel safe and supported
 - **Supportive Leadership** – We train and guide our team to understand the risks and act responsibly
 - **Community** – Families play a key part in preparing children for outdoor safety
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Policy Statement

Children's bodies are more vulnerable to heat and UV damage than adults. This policy outlines how we protect children and staff from sunburn, dehydration, heat exhaustion and heatstroke, especially between April and October.

We are alert to the risks, follow UV index guidance daily, and work with families to support prevention.

Purpose

- To prevent heat-related illness and skin damage
 - To embed sun safety into daily routines and culture
 - To support healthy outdoor play even in warm conditions
 - To equip staff and families with clear expectations and procedures
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Applicability

- All children
 - All staff
 - All families
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Key Definitions

UV Index (UVI):

An international measure of the sun's UV strength.

- Index 3+ → sun cream and hats required
 - Index 5+ → shade use and time limits applied
 - UV over 10 is extremely high risk for skin damage
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Procedures 1. Daily Sun Safety

- Staff check the **UV Index each morning** via the Met Office
- If UV is **3 or higher**:
 - Parents must apply SPF30+ before arrival (SPF50 preferred with 4-star UVA rating)

- Staff apply **Altruist SPF30** after lunch if needed
 - If UV is **5 or higher**:
 - Time outside is limited to shaded areas
 - Outdoor time between **11am–3pm** is reduced or avoided
 - Garden play is adapted to use shade, canopies and indoor calm spaces
 - **Ventilation, cool packs**, damp flannels and shaded rest areas are used inside when needed
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2. Clothing Expectations

- Children must bring a **named legionnaire hat** (preferably UV-protective fabric)
 - Shoes must be closed-toe, safe and secure — **no flip flops or backless shoes**
 - Staff must wear hats and model sun-safe behaviour at all times outdoors
 - Children should arrive dressed for UV protection — covered shoulders and light layers
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3. Hydration and Heat

- Every child must bring a **labelled water bottle**
 - Staff offer water regularly and prompt drinking more often in hot weather
 - Each child should drink **at least 1 litre per day** and **2 cups at each mealtime**
 - Water bottles are refilled throughout the day
 - Staff model drinking water and narrate sun-safe habits
 - Urine colour is monitored for signs of dehydration
 - Sleeping children are checked more frequently for temperature changes
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4. Trips and Outings

- UV forecast is checked before every outing
 - Children are briefed about sun safety
 - Extra water is packed and offered regularly
 - Dynamic risk assessments include sun and heat exposure
 - Babies and toddlers are **always kept in the shade** during outdoor trips
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Extreme Weather: Additional Actions

When temperatures rise:

- Windows are kept open and blinds closed
 - Lights dimmed to keep rooms cool
 - No vigorous exercise in direct sun
 - Activities are planned for shade or indoors
 - Children with flushed cheeks or overheating are moved to cool space, hydrated, and cooled using a damp flannel or cool pack
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Linked Policies

- Accidents and Incidents
- Health and Safety
- Outdoor Trip Policy
- Learning and Development
- Nutrition and Hydration • Staff Code of Conduct
- Parent Code of Conduct