



Sun Safety, Awareness and Protection Policy

This policy was adopted at a meeting of:

East Craigs Playgroup

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Signed: Caroline Wilkinson

Designation: Manager

Sun Safety, Awareness and Protection Policy

Statement of Purpose

Early learning and childcare settings need to be aware of the importance of protecting children from the sun. Both children and staff should apply sunscreen, be encouraged to wear protective clothing, drink water, and stay in the shade as far as possible.

Babies and young children can become ill during very hot weather. Their health can be seriously affected by:

- dehydration
- heat exhaustion and heatstroke
- sunburn

Staff should be good role models for the children in relation to sun safety. Aim to strike a balance between sun protection and getting enough vitamin D from sunlight.

Sunscreen

Sunscreen should be applied at least 30 minutes before the children go outside. The setting should encourage parents to apply the cream at home. When the cream is to be applied by the setting, a consent form should be signed by the parent. Parents should provide sunscreen for the setting to use.

Some services have a policy where they contact the parent by phone, text, or email to get consent before they administer medicine. This is appropriate when the service is keeping 'when required' medication supplied by the parent

Staff should record when the cream was applied to ensure correct procedures in relation to the application of the sunscreen are being followed.

Sun Protection Factor (SPF)

The most important information on sunscreen is the SPF (which shows how strong the protection against UVB is), and star rating (which ranks the level of UVA protection). When the sun is strong, spend time in the shade, cover up with clothing and use sunscreen a sun protection factor (SPF) of at least 30 to protect against UVB and at least 4-star UVA protection

You won't get the level of the protection on the bottle **unless you put enough sunscreen on**. An adult needs about two teaspoonfuls to cover their face and upper arms. It's also important to reapply sunscreen regularly – it rubs, sweats, and washes off easily, plus you may well have missed bits.

Sun safety guidelines

In the UK, the sun's ultraviolet (UV) rays are the strongest between 11am and 3pm from mid-March to mid-October. During this time, the sun may be strong enough to cause damage. Babies less than six months old should be kept out of direct sunlight.

Our ELC setting will take extra care to protect the skin by:

- Not spending any longer in the sun than you would without sunscreen
- Covering up with clothes, wide-brimmed hats, and UV protection sunglasses.
- Using a sunscreen with at least SPF30 and 4 or 5 stars.
- Generously applying to areas not protected by clothing, such as the face, ears, feet, and backs of hands. (If sunscreen is applied to thinly, the amount of protection it gives is reduced)
- Reapplying sunscreen regularly which will be used together with shade and clothing. (It is recommended to reapply every 2 hrs)
- Reapplying after water play as water washes sunscreen off even if the sunscreen is water resistant
- Checking expiry dates as most sunscreens have a shelf life of 2 to 3 years.

Appropriate Clothing

Children should be encouraged to wear clothing that provides good protection from the sun, for example, sun hats, long sleeved tops or sunglasses. Information in relation to sun awareness and protection will be made available to parents through newsletters and/or the noticeboard.

Outdoor Activities

Outdoor activities will be held in the shade and in screened areas as far as possible. The setting will try to avoid being outdoors in the middle of the day and children will be encouraged to drink water regularly. Children who do not wish to go outside should be allowed to stay indoors. Children wishing to return indoors to the playroom from outside should be able to do so.

Find out more:

Sunscreen and sun safety

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Vitamins for children

<https://www.nhs.uk/conditions/baby/weaning-and-feeding/vitamins-for-children/>

Keeping your baby safe in the sun

<https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/safety-in-the-sun/>

Sunburn

<https://www.nhs.uk/conditions/sunburn/>

Skin at work: Outdoor workers and sun exposure

<https://www.hse.gov.uk/skin/sunprotect.htm>

Sun, UV and cancer

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer>