



## Sun Protection Policy

Too much exposure to ultraviolet light (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of skin cancer. There is enormous potential for us to help prevent skin cancer in future generations.

### EYFS Key Themes and commitments:

Unique child	Positive Relationships	Enabling Environments	Learning and Development
1.1 Child development 1.2 Inclusive practice 1.3 Keeping safe	1.2 Parents as partners	3.4 The learning environment	

### **Our policy:**

- We encourage children, students and staff to wear protective clothing during summer terms, through covering up and seeking shade.
- Schedule of outdoor activities for the children are before 11am or after 3pm. However this is evaluated on each day depend upon the weather, if temperature increase during the day then children will spend time outside in the morning.
- Staff will look on Met Check at the UV levels throughout the day. If the UV is 3+ then sun cream, sun hats must be worn by the children. If above a 7 children must stay inside. See Cancer research chart for more guidance, see below.
- Parents/carers are asked to provide their children with sun cream SPF 15 or above, which staff apply to them half an hour, prior to outdoor play.
- Records are kept of the times the sun cream has been applied to the children, with a staff signature.



- Children are encouraged to wear long sleeved tops, hats, and sunglasses, making sure the sunglasses have UV protection. (Look for BS EN 1836:1997 on the label.)
- Children are offered water bottles thorough out the day and encouraged to regularly drink by practitioners. Ice pops & ice cream are offered during the day to cool children down. Fans are used to help cool the children down & water/ice cube play is encouraged.
- Staff are encourage to provide role models to the children by wearing protective hats, clothing and sunglasses when outside.
- Families and visitors are encouraged to use a combination of these sun protection measures when attending and participating in outdoor activities.

### **Reviewing and evaluating the policy**

- Review current health education guidelines frequently.
- Conduct small surveys in nursery, e.g. attitudes and behaviours towards sunshine, level of knowledge of sun protection strategies, number of staff/students sunbathing /using shaded areas during lunchtime.
- Incorporate into curriculum and children learning.
- We do adhere to parental wishes, once written confirmation is given by them.

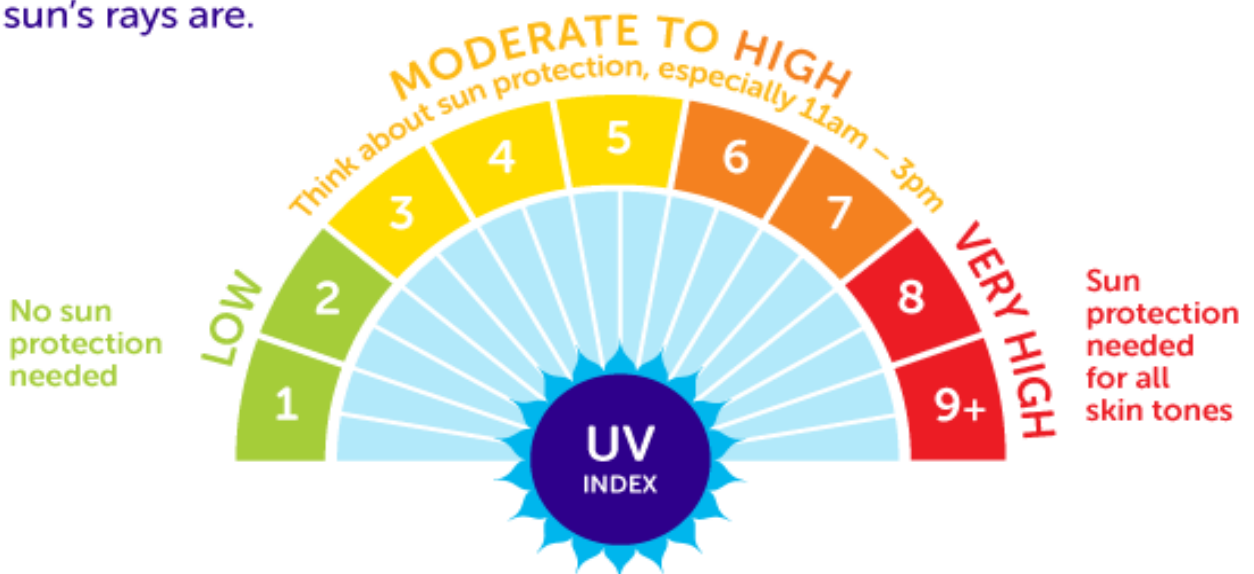
**Manager's signature:** Anna Bevan

**Review date:** 20/8/23



# DON'T LET SUNBURN CATCH YOU OUT

Check the UV index at [www.metoffice.gov.uk/uv](http://www.metoffice.gov.uk/uv) to see how strong the sun's rays are.



If it's **3 or higher**, think about protecting your skin, especially if you get sunburnt easily.

LET'S BEAT CANCER **SOONER**  
[cruk.org](http://cruk.org)





General Welfare Requirement: The provider must take necessary steps to keep children safe and well.