



October 2021

## Sun Safety Policy

At Lower Covey Ltd we are committed to ensuring that all children are fully protected from the dangers of the sun. Over exposure to ultraviolet light (UV) radiation from the sun causes sunburn, eye and skin damage and significantly increases the risk of developing skin cancer in later life.

We have worked in partnership with parents and staff to develop this policy and adopt the following best practice to keep children safe and healthy in the sun.

### Clothing

- Children must have a clearly named sun hat to be worn at all times while outside in sunny weather. The hat will ideally have a wide brim to provide additional protection.
- Parents are requested to supply light-weight cotton clothing suitable for the sun, with long sleeves and long legs when required.
- Children are allowed to wear named UV protection sunglasses.

### Sun cream

- As a nursery, we provide for £2 fee per year, sun cream for your child to use at nursery. We will always use a children's sun cream which is Factor 50. If your child is allergic to this cream and you wish to use your own, a named bottle must be provided for nursery use throughout the day.
- We encourage parents and carers to apply sun cream before arriving at nursery.
- Children will always have sun cream applied at least 15 minutes before going outside in the sun and at frequent intervals during the day.

### Shade and keeping hydrated

- Shade will be provided in the form of an awning, canopies and trees to ensure children are still able to go out in hot weather or cool down or escape the sun should they wish or need to.
- Babies will be kept completely in the shade.
- Children are encouraged to drink cooled water more frequently throughout sunny or warm days and this will be accessible both indoors and out.

## Timetabling

- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun as indicated by the UV index.
- Children will not be allowed in the direct sunlight between 11.00am–3.00pm on hot days.

## Education

- Children are made aware of the need for sun hats, sun cream and the need to drink more fluids during hot weather.
- Sun protection is discussed interactively with all children and learning activities are used to teach them safe sun habits.
- Parents and carers are informed of the importance of sun protection through information sent home in newsletters and the nursery website which has a link to our sun safety policy.
- Staff are requested to act as positive role models by wearing suitable clothing, hats and sun cream, drinking plenty and keeping in the shade whenever possible.

This policy will be reviewed and updated annually.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Policy review date: \_\_\_\_\_