



The Children's Ark
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Charity ref: 11473898

Ofsted:
EV457353

Sun Safety Policy



RATIONAL:

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 potential for nurseries to help prevent skin cancer in future generations because:

- Nurseries can play a significant role in changing behaviours through **role modelling** and education from an early age. (Staff to follow the same rules i.e. sunscreen/ clothing/sun hats/ shade).
- Children and staff are at risk of sunburn within 10-15 minutes of being exposed to strong sunlight.
- Skin cancer is largely preventable through behaviour modification and sun protection during early years.

The main elements of this policy are:

- Partnership: working with parents/guardians, nursery staff and the wider community to reinforce awareness about sun safety and promote a healthy nursery.
- Education: learning about sun safety to increase knowledge and influence behaviour.

- Protection: providing an environment that enables children and staff to stay safe in the sun.

PARTNERSHIP

- Sun safety will be promoted through working with parents, staff and the wider community to improve our understanding and provision to avoid the harmful effects of too much exposure to ultraviolet light (UV).
- Staff should act as positive role models and set a good example by seeking out the shade whenever possible and wearing suitable clothing and sunscreen.

EDUCATION

- Parents and guardians will be asked through letters/newsletters to support this policy by encouraging their children to adopt the Slip, Slop, Slap message and act as role models.
- Children will be taught the 'Slip, Slop, Slap' Song which will help them remember the basic Sun Safe message
- Children will be read 'George the Sun Safe Superstar', an illustrated, rhyming story that educates children on the importance of Sun Safety and staff will regularly reinforce the sun safe messaging through discussion.

PROTECTION

UV levels are monitored by staff before children play outside summer and winter to ensure appropriate sun safety measures are implemented when necessary. UV level to be displayed daily as part of the weather chart.

Shade: • The nursery playground has shade provided either by the school building, outdoor shelter(s), trees and/or we have temporary structures i.e. gazebos, etc for use during outdoor play. Particularly during peak UV (11am-3pm)

- Children will be encouraged to use the shaded areas during playtimes when appropriate.

- Babies are always kept in the shade when possible.

Sunscreen: All sunscreen provided by both parents and nursery should be:

- A minimum Sun Protection Factor (SPF) 30
- Provide both UVA and UVB protection
- Applied generously to exposed skin before going outside when UV level is 3 or higher
- Sunscreen is reapplied at least every 2 hours and more often if sweating/towelling

Clothing: • The children will be encouraged to wear clothes (close weave fabric) that provide good sun protection (shoulders should always be covered).

• Parents/guardians will be duly informed of the importance to provide the nursery with appropriate sun hats (Broad brimmed, bucket style and legionnaire) and Sunscreen as advised by the national skin cancer charity 'Skin' if they don't consent to use nursery's.

- Sun hats are worn outdoors when UV levels reach 3 or above.

COVID-19: Staff are to wash hands between applying sunscreen to different children or staff are to wear a separate disposable glove to apply. If children wear our sun hats these need to be washed daily (at appropriate temperature) to avoid cross contamination as part of the new regulations for COVID-19

Drinking Water: • Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during play times inside and out.

This policy was adopted at a staff meeting of The Children's Ark:

Signed.....

Print Name.....

Dated.....

And at The Children's Ark committee meeting:

Signed by chairperson..... Print Name.....

Dated.....

Date of review.....