



Sun Safe Policy

Policy statement

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:

- Preschools can play a significant role in changing behaviours through role modelling and education from an early age.
- 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, preschool staff and the wider community to reinforce awareness about sun safety and promote a healthy preschool.
- 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.

Procedures

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, hat 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 (slip on a tee-shirt, slop on the sun cream, slap on a hat) message and act as role models.

PROTECTION

Shade:

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

Clothing:

- The children will be encouraged to wear clothes that provide good sun protection.
- Parents/guardians will be informed of the importance to provide the preschool with appropriate sun hats and clothing and the necessity to apply sun cream before the child is sent to pre-school.
- Parents/guardians will be requested to supply high quality sun cream.
- If children stay all day the staff will re-apply sun cream at their discretion after lunch, depending on the weather conditions or if the parent has requested this.
- Staff will wash their hands between applying different creams to avoid reactions from unsuitable sun creams.

Drinking Water:

- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during outdoor play times.

Legal framework / Further guidance

www.sunsafenurseries.co.uk

Signed Manager

Date

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