



6.03 Sun Safety and Sun Cream Policy

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When the sun is shining we want to make the most of the warm weather. However, we are aware that too much sun is not good for the children and we want to ensure that we protect them from skin damage caused by ultra-violet rays and therefore we have devised a procedure to protect the children in our care.

The procedure is as follows:

- Sun cream will be provided by the parent/guardian, and it will be labelled in the child's bag. We recommend that the factor suncream that you provide is factor 50.
- If sun cream has not been provided by myself, I give permission for the above to apply sun cream that you provide. (a consent form will be requested to be signed for each child's parent/guardian).
- If your child requires specialist suncream due to skin conditions/allergies, then you will provide information on frequency of application and any specific requirements regarding its application.
- The NHS website recommends that when buying sunscreen, choose one that has a high sun protection factor (SPF) – sunscreen with a minimum of SPF of 50 <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>
- We recommend that you provide additional protection for your child e.g. a clearly labelled broad rimmed hat (if possible, with neck protection), and tops that cover the shoulder.
- We request all parents/carers to apply sun cream to their child before they come into the setting as staff do not have the time to apply it on arrival due to welcoming all the children and families at the beginning of the session.
- Staff will apply sun cream accordingly through the day as needed. Staff will wash their hands after each application to minimise risk of cross infection.
- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water outside during outdoor play in hot weather.



Our Promise

- We will ensure that all staff understand the importance of sun protection and are positive role models to the children in our care by having discussions with the children about their safety in the sun and also wearing suitable clothing and hats.
- Please note: Children will not be exposed to direct sun for more than 15 minutes at any time.
- Staff will make day-to-day decisions about the length of time spent outside dependant on the strength of the sun
- We will encourage the children to play in the shade, especially at the peak times which are between 11.00am and 3.00pm.
- The pre-school playground has shade provided either by the school building, canopy, outdoor shelters and trees etc. Outdoor activities and resources will be organised to allow children to play in shadier areas.

Procedure should a child or member of staff does get sun burnt

- Immediate removal from the sun
- Cool the burnt area by spraying or sponging with cool water
- Apply after sun if available
- Ensure appropriate clothing is in place prior to accessing the outdoors again
- Offer cooled water

Seek advice and help from a doctor if

- The sun burn covers a large part of the body.
- The child is very young
- The skin is blistered and swollen, not just pink.

Facts about the sun

Proprietor St John's Pre School and Toddler Group
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- Never look directly at the Sun, even with sunglasses. The human eye is not made to look at an object that bright. It is so bright it could easily blind you in just a few seconds.
- The Sun is about a million times brighter than a household light bulb.
- The Sun also emits harmful ultraviolet (UV) radiation, which can damage your skin and eyes. In fact, any tan is a sign of damage to your skin!
- Sunburn may hurt for a while but damaging your skin over many years can cause many problems, including skin cancer. That is why you should always wear sunscreen of SPF 15 or higher when you will be out in the Sun for more than a few minutes. This applies even for cloudy days - though not as bright as sunny days, much of the harmful UV light still comes through.
- To help protect your eyes, use sunglasses that filter 100% of UV light. When you buy glasses, check for labels that say 100% UV Protection. People who don't protect their eyes when they are young run the risk of loss of sight when older, including getting cataracts.

This policy was adopted on January 2024
 This policy is due for review on January 2025

Review log

Review date	Brief Details of Amendments	Amended by	Agreed by