



## **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 us to help prevent skin cancer in future generations because:

- Pre-school 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.

### **The main elements of this policy are:**

- Partnership: working with parents/guardians, 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.
- Both Robins and Owls outdoor areas have shade provided by the shelter.
- Children will be encouraged to use the shaded areas during playtimes when appropriate.
- The children will be encouraged to wear clothes that provide good sun protection.
- Parents will provide sun cream and sunhats for the children when they are at pre-school.
- Children are encouraged to increase their water intake in hot weather and are encouraged to drink water during outdoor play times.

### **Procedure for sun cream**

- Children provide their own sun cream whilst at pre-school and parents must apply before attending pre-school.
- Staff will top up sun-cream as and when needed during their time at pre-school.
- Staff to wear protective gloves when applying sun cream to the children, using a different pair of gloves to each child.
- Staff to monitor children's sun exposure and take necessary precautions to avoid sunburn.
- Staff to record when children have had sun cream applied and the time that it was applied.