



## **Sun Care Policy and Procedure**

Rainbow Nursery is committed to ensuring that all children are fully protected from the dangers of too much sun. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life. We follow the NHS guidelines with regards to 'sun safety' which states that children over 6 months of age should have their bodies protected from UVA and UVB rays by either being covered by clothing or wearing sunscreen March to October.

We use the following procedures to keep children safe and healthy in the sun:

- All children must be provided with sunscreen (SPF 30 or above) to be applied throughout the day, this will be labelled with their name and the date it has been provided. This enables us to ensure that sunscreen that is past its shelf life is not being used. Within before and after school and holiday club if all day sunscreen has been applied to a child, the child's parent must email a manager to state this is the case, and that they give permission for their child to play out without any further sunscreen being applied. However, on the days when the UV levels are medium/high/very high the children's safety is always taken into account and if it is felt necessary the child will not be able to play outside.
- The practitioners will make a decision as to if the children are required to wear sunscreen and a sun hat that day, this decision will then be passed by their manager or another manager if their manager is not present that day, for authorisation.
- Children must have a clearly named sun hat provided by their parent's which will be worn at all times whilst outside in sunny weather. Our nursery practitioners set an example of wearing sun hats whenever the children have them on.
- If children do not bring sunscreen to nursery they will only go outside if dressed in long sleeved tops and trousers, they will only go outside for a maximum of 15 minutes at any one time.
- Children's safety outside in the sun is the nursery's prime objective so practitioners will work closely with parents to ensure appropriate sunscreen is provided. We do not keep spare sunscreen and will only apply sunscreen that has been provided for a specific child or their sibling if a parent has requested this.
- Between 11.15am – 2.15pm on hot days the children will only go outside for 15-minute intervals – this is at the managers discretion and this will be discussed with all managers that morning. If it is too hot children may not be allowed to play out at all during these time or other times during the day maybe shortened .
- Children will always have sunscreen applied before going outside in the sun and at frequent intervals during the day.

- Children are offered water more frequently throughout the day when it is hot outside, older children are reminded frequently about having a drink.
- Children are made aware of the need for sun hats, sunscreen and the need to drink more fluids during their time in the sun.
- Practitioners/Managers will make day-to-day decisions about the length of time spent outside dependant on the strength of the sun.
- Shade will be provided in the form of a gazebo or sun canopy to ensure children are able to cool down or escape the sun should they wish or need to.

This policy was reviewed and updated in May 2019

This policy will be reviewed in 2021 or before if there are any changes in legislation.

Signed:

Lisa Watson  
Early Years Nursery Manager