



## 04. Health procedures

### 04.08 Sun Care

At First Friends we are committed to ensuring that all children are fully protected from the dangers of too much sun/UV rays. Severe sunburn in childhood can lead to the development of malignant melanoma (the most dangerous type of skin cancer) in later life.

We monitor UV levels daily during warming months to ensure appropriate sun safety measures are implemented and use the following procedures to keep children safe and healthy in the sun:

- Key persons will work with the parents of their key children to decide and agree on suitable precautions to protect children from burning, including those with more sensitive skin types.
- We communicate and actively remind parents about good sun safe practices at home as well as raising awareness of skin cancer prevention and early detection through a range of channels eg, our website, newsletters, texts and social media.
- It is the managers responsibility to check the UV levels daily and if they reach 3 or above children are required to wear a sun hat outdoors.
- Children must have a clearly labelled sun hat which will be worn at all times whilst outside in sunny weather. This hat will preferably be of legionnaires design (i.e. with an extended back and side to shield children's neck and ears from the sun) to provide additional protection.
- We make available additional/ spare sun hats for all outdoor play/ activities that are either broad rimmed, bucket style or legionnaire to adequately shade the face, neck, ears and cheeks in the event that a parent is unable to provide one.
- Nursery will provide Gompels SPF 50 High Protection 4\* rated suncream to be applied on children. Parents must sign consent that their child can wear the suncream as required. Staff must be aware of the expiry date and discard sunscreen after this date. Children that cannot wear nurseries suncream must supply their child with their own, clearly labelled with their child's name.
- Parents are requested to supply light-weight cotton clothing for their children suitable for the sun, ensuring children's shoulders are always covered.
- Children's safety and welfare in hot weather is the nursery's prime objective so staff will work closely with parents to ensure all appropriate cream and clothing is provided.
- Staff will make day-to-day decisions about the length of time spent outside depending on the strength of the sun; outdoor play will be limited during peak UV hours between 11 and 3pm. We display daily UV levels to engage children and parents to reinforce the importance of sun safety in warmer months.
- Children will always have sun cream applied 20 minutes before going outside in the hot weather when UV levels reach 3 or above and as a minimum reapplied every 2 hours during the day. It will be applied to all areas of exposed skin not covered by clothing to protect it from ultraviolet radiation.
- . If children are unable to wear a hat or suncream they will be required to play indoors if UV levels reach 3 or above.



- Children are encouraged to drink cooled water more frequently throughout sunny or warm days, and this will be accessible both indoors and out
- Children are educated on the importance of sun safety including the need for sun hats, sun cream and the need to drink more fluids during their time in the sun
- Shade will be provided to ensure children are able to still go out in hot weather, cool down or escape the sun should they wish or need to. We encourage children to play in the shade as much as possible when UV levels reach 3 or above especially during peak UV hours. Babies are always kept in the shade where possible.
- Managers assess shade regularly to consider future needs and demonstrate commitment to improving shade solutions where necessary.
- We display sun safety posters throughout our nurseries and playrooms to encourage educators to monitor UV levels

We ensure all staff are actively informed of the requirements and are involved in the implementation of this policy to ensure successful outcomes. We recognise UV exposure is not just a safeguarding issue for children but for employees too. Our educators are seen as role models for both parents and children and are therefore actively involved in adopting and role modelling the sun safety practices outlined in this policy:

- We ensure all staff apply sunscreen and wear a sun hat when UV levels reach 3 or above.
- All staff actively consider the UV forecast and sun protection/ control measures when planning outdoor play or activities.
- During warmer months staff may be given permission to wear non uniform but are always encouraged to have shoulders covered.

## **Vitamin D**

Sunlight is important for the body to receive vitamin D. We need vitamin D to help the body absorb calcium and phosphate from our diet. These minerals are important for healthy bones, teeth, and muscles.

Our body creates vitamin D from direct sunlight on our skin when we are outdoors. Most people can make enough vitamin D from being out in the sun daily for short periods with their hands or other body parts uncovered. Sun cream will stop the ultraviolet B (UVB) rays from reaching your skin, so part of your body should be uncovered and not have sun cream on. At nursery we find the right balance to protecting children from sunburn as well as allowing the skin to access the sun for the vitamin D benefits, e.g. hands will be left without sun cream but children will be fully monitored to ensure no hands are burnt.

The benefits will be discussed with parents and their wishes will be followed with regard to the amount of sun cream applied.

