Sun Protection Policy

Policy Statement

We recognise that exposure to the sun is an important health and safety issue.
While sunshine is beneficial for children's wellbeing and vitamin D levels, overexposure to ultraviolet (UV) rays can cause skin damage, sunburn, and long-term health risks.
Our setting is committed to protecting children and staff from the harmful effects of the sun by promoting safe, sensible sun protection practices.
We aim to ensure that children enjoy outdoor play safely throughout the year.
Sun protection measures will be implemented whenever weather conditions require them and are not restricted to specific months of the year
Staff act as positive role models by practising good sun safety themselves.

Shade and Outdoor Play

- We plan outdoor play to avoid peak sun intensity hours (11:00 am—3:00 pm) whenever possible.
- Outdoor areas include shaded spaces such as gazebos, canopies, trees, or umbrellas.
- We encourage regular breaks indoors during very hot weather and ensure children have access to shaded rest areas.
- Water play, light activities, and extra fluids are encouraged to prevent overheating.

Clothing

- Parents are asked to provide suitable lightweight clothing that covers shoulders, upper arms, and legs.
- Sun hats are strongly recommended and kept at the setting during summer months.
- Staff wear appropriate clothing and hats outdoors to set a good example.

Sunscreen Use

- Parents are encouraged to apply **high-factor sunscreen (SPF 30 or above)** to their child before arriving at the setting each day.
- Any Preschool owned Sunscreen is stored safely and replaced each season to ensure effectiveness.
- We only use Child-appropriate sunscreen provided by parents unless otherwise agreed.
- Sun cream should be sent into preschool labelled for re application by preschool staff where appropriate.

Hydration and Heat Management

- Children are encouraged to drink water regularly throughout the day.
- Water bottles and cups are always accessible, both indoors and outdoors.
- In extremely hot weather, outdoor play sessions are shortened or moved indoors to prevent overheating.
- Room temperatures will be monitored throughout the day and activities adapted where necessary.
- Fans and portable air conditioning units may be used to maintain a comfortable indoor environment and will be positioned safely and monitored by staff.

- Additional water play and cooling activities may be provided during periods of high temperatures.
- Children will be encouraged to rest and spend more time in shaded or indoor areas during extreme heat.
- Staff will be vigilant for signs of heat–related illness, including overheating, lethargy, dizziness, headache, excessive sweating, nausea or unusual behaviour

Sleep and Rest During Hot Weather

- Sleep and rest areas will be kept cool, shaded and well ventilated.
- Blinds or curtains will be closed where appropriate to reduce direct sunlight.
- Children will wear lightweight clothing and bedding will be reduced or removed if not required.
- Children will be offered water before and after sleep or rest periods.
- Staff will carry out regular checks during sleep periods.
- Babies will follow safer sleep guidance and will not be overdressed or covered with excessive bedding.

Parental Partnership

- Information about our sun protection procedures is shared with parents at the start of summer and included in newsletters or displays.
- Parents are reminded of their responsibility to send their child to preschool appropriately dressed and protected for the weather.

Water Play and Paddling Pools

- During periods of hot weather, additional water play and cooling activities may be provided.
- Any paddling pools used will contain only a shallow amount of water and children will be supervised at all times.
- Paddling pools will be emptied immediately after use and never left unattended.
- Children will be encouraged to walk carefully around wet areas.

- Towels, drying areas and non-slip surfaces will be used where appropriate to minimise the risk of slips and falls

Monitoring and Review

This policy is reviewed annually before summer and updated according to current health and safety guidance.
Staff discuss seasonal safety, including sun protection, during termly meetings.

Legal and Guidance Framework

- EYFS Statutory Framework – Section 3 (Safeguarding and Welfare Requirements)
- Health and Safety at Work Act 1974
- Public Health England: *Sun Safety in Schools*
- Cancer Research UK: *SunSmart Guidelines*

Signed: _____
Name: Stacey Humphrey **Position:** Manager
Date: _____